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How To
Live and Eat

For Health

By
P. L. Clark
B. S., M. D., Ph. S.

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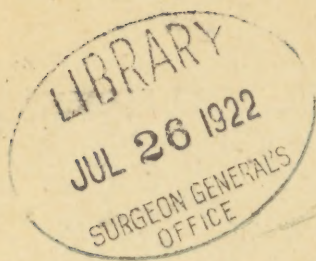
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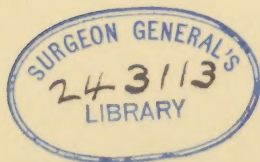




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How To
Live and Eat
For Health

By
P. L. CLARK, B. S., M. D., Ph. Sa.
(1922)

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The "Profession of Medicine" is based on sickness. If illness did not exist the "Profession of Medicine" would fall of its own weight. Prevention of disease by teaching the people to avoid it through correction of their habits of living, is, therefore, not to be thought of. The search is constantly for some serum or drug which presumably will prevent or cure disease, but which must always be further qualified by the capability of exploitation.

It is my humble opinion that the profession of medicine should become the profession of health.

This would imply real effort toward the *prevention* of disease. Not illness, disease or death, but vigorous health and vitality with mental and physical power would be the foundation of such an organization.

P. L. CLARK, M.D.

Many sciences pass through stages during which they are but a mass of facts without system and arrangement, clouded by beliefs and superstition. Medicine has not yet thrown off much of the credulity that has hampered its progress, and as yet the facts upon which it is based have not been differentiated and classified with that accuracy which is necessary before it can become a science. It is necessary, therefore, from time to time that those who are engaged in the practice of medicine should pause and ask themselves if the object they aim at is being pursued on the right lines.

Sir James MacKenzie,
in "Oxford Medicine."

PREFACE.

The object in writing this book, is to present to the public a work entirely different from the usual type of so-called "Health Literature". There is a vast amount of this class of reading matter which presents few, if any, reliable facts for the use of the lay reader.

In compiling these instructions it has been my aim to lay down certain principles of conduct which should govern the treatment of any or all diseases. These are the outgrowth of many years of instruction to hundreds of various patients.

The information is condensed to as few words as possible. Points of importance follow one another very rapidly. Boiled down facts are stated as concisely as possible. For this reason it is ab-

olutely essential that the instructions be carefully studied, not read.

In the "Health School" teachings, as stated in this book, there is nothing of mystery—no secret veil—no magic words or "hookum" of any kind.

Read the quotation of Sir James MacKenzie on page one. It is not necessary for the "Health School" to impose upon the credulity or superstition of the public. Health School principles are so simple that any one can put them into practice. If this is done immediately upon the first sign of discomfort in the form of pain, fever, unusual or marked irritability or any other unusual symptom, the reader will avoid, not only the pain and discomfort of prolonged illness, but the expense of an attending doctor.

Pure, wholesome alkaline blood alone will cure.

How to teach you so to live that you will build and consequently keep good health on this foundation, is the aim of this book.

As a method of study, which will yield

the greatest returns in a minimum of time, I suggest that the pupil read the instructions from beginning to end, rapidly the first time. This will give a bird's-eye view of the problem in hand. A second and third reading, then, will fill in the details and they will fall naturally into place. If too laborious a system of study is taken up at once, going over each paragraph, from beginning to end, the larger theme is lost in over-study of some detail.

I want to gratefully acknowledge the great help given me in the arrangement and preparation of these pages by my son, P. L. Clark, Jr., whose thorough understanding of the cause and cure of disease has enabled him to give invaluable aid.

P. L. C.

“Is it not living in a continual mistake to look upon diseases as we do now, as separate entities, which MUST exist, like cats and dogs? Instead of looking upon them as conditions, like a dirty and a clean condition, and just as much under our control; or rather as the reactions of kindly nature, against the conditions in which we have placed ourselves. I was brought up, both by scientific men and ignorant women, distinctly to believe that small-pox, for instance, was a thing of which there was once a first specimen in the world, which went on propagating itself, in a perpetual chain of descent, just as much as that there was a first dog (or a first pair of dogs) and that small-pox would not begin itself any more than a new dog would begin without there having been a parent dog.

“Since then I have seen with my own

eyes and smelt with my own nose small-pox growing up in first specimens, either in close rooms, or in overcrowded wards, where it could not by any possibility have been 'caught' but must have begun.

"Nay, more, I have seen diseases begin, grow up, and pass into one another. Now dogs do not pass into cats.

"I have seen, for instance, with a little overcrowding, continued fever grow up, and with a little more typhoid fever; and with a little more typhus, and all in the same ward or hut.

"Would it not be far better, truer, and more practical, if we looked upon disease in this light?

"For diseases, as all experience shows, are adjectives, not noun substantives."

*From "Notes on Nursing",
By Florence Nightingale.*

WHY MEDICINE—AND DOCTORS?

INTRODUCTION.

This book will present what will seem to many a very radical change from the accepted mode of living. The question will of course be asked, "Why should I change my habits of living? I live about as everyone else does." The answer may readily be supplied from the life insurance statistics as to the average age at death—43 years. It is a physiological fact that in the lower animals the age at death is generally five or six times the age at maturity. Putting the age of maturity at 24 years, which is accepted by many authorities, it would mean that the average human being should live to be from 120 to 145 or 150 years old.

Whether or not we grant that there is much to be seriously considered in this fact we still may fall back upon the bib-

lical statement that man's normal span of life is three score and ten years. An average age at death, then, of 43 years falls considerably short of even the most conservative estimate of the years that should compose the span of life.

The people themselves are beginning to feel that all is not as it should be. The statement printed on page . . of this book, the quotation from Sir James MacKenzie, expresses in a clear and concise manner what the average person during the last quarter of a century has come to feel in a very vague sort of way. If you have already read the statement once, just for the sake of impressing it upon your memory, turn and read it again.

During the last 25 or 30 years, and particularly the last decade, we have seen a tremendous growth in different The statement printed on page 1 of this every kind have sprung up. Besides Christian Science there is osteopathy, naprapathy, chiropractic — other cures that stand you in a corner and squirt cold water over you, and then water as hot as you can stand it and then cold

again. Much of this does some good for a time. They are all mechanical stimulants and move the cells of the body to greater activity and consequently aid in elimination. This increased elimination of the toxic and acid poisons of the body gives some temporary relief for a time.

These many different "isms" and "cults" have grown up as the natural protest against the failure of the "practice of medicine" and the failure of some of the earlier "isms" really to cure disease.

The crying need of the world today is not to have disease cured but to have disease prevented.

Have you read the quotation on page 5 from "Notes on Nursing" by Florence Nightingale? If not, turn to it and read it before reading further in the Introduction.

In a blind adherence to the germ theory the medical profession is devoting time and millions of dollars in an attempt to cure disease by ridding the body of some small "dog or cat" in the form of a germ that they suspect is gnawing at our insides.

Dr. Henry Christian, one of the editors in chief of the new "Oxford Medicine," and Physician-in-Chief to the Peter Bent Brigham Hospital, at Boston, says: "A search for causes (of disease) has developed other methods of observation than the microscope. The discovery of ultra-microscopic or non-filterable organisms, for example, has necessitated other means of examination than those depending on any form of visibility. These organisms are recognized and classified by their effect, really a functional method."

In other words, being unable to find a small "dog or cat" large enough to be seen by the most powerful microscope, they needs must take it for granted that such invisible organisms do exist.

Is this not making something hard out of something that is really very easy?

Fifty years ago Florence Nightingale saw the light. She realized that disease could grow up only as the product of an unclean condition. If the physical surroundings are clean but the internal organs of the body are clogged with acid and toxic poisons a soil suitable for the

propagation of germs is made within the body itself, and disease is able to take root. Such is the case in diseases like smallpox, measles, and others of that class. In diseases like diabetes and Bright's disease the acid condition has become so severe that continual irritation brings about the breakdown of some organ of the body. So we cannot help but agree with Florence Nightingale—how much more “sensible and simple” it is to regard disease as the result of an unclean condition rather than as the product of some unseen and unseeable sub-microscopic organism, the “dog and cat” in the form of suspected germs—a will-o'-the-wisp—in the chasing of which the medical profession has spent so many millions of dollars.

Disease is the manifestation of a crisis in the acidosis and toxicosis of the body. And so, from birth until death ensues, we have repeated crises in croup, measles, mumps, whooping cough, scarlet fever, typhoid fever, pneumonia, chronic stomach trouble, diabetes, Bright's disease, rheumatism in some form if the individual is of a gouty diathesis, and final

breakdown into some incurable disease with only death ahead.

Nature is the one great curative agent of the ills of mankind. Pure, alkaline blood will restore to health bodies that are so infested with disease as apparently to be well-nigh hopeless. This fact I am called upon to bring to the attention of my pupils day after day. And in the results attained by those who carefully and painstakingly follow the directions contained herein I find it reaffirmed time after time. Dr. Richard C. Cabot, of the Massachusetts General Hospital, asks and answers an interesting question.

“Q. Why do some patent medicines bring relief?

“A. In the first place, they may well contain powerful and useful drugs; for instance, iodide of potash, a useful drug in syphilis. But a much commoner and important reason for the seeming usefulness of patent medicine is that most diseases get well of themselves, and if we happen to be taking a patent medicine we may attribute it to the medicine. *I do not think that we can too clearly*

know that most curable diseases get well of themselves."

So, if you have a curable disease, whether or not you are treated by a doctor, the chances are that you will get well of yourself. In explaining the supposed efficacy of patent medicines does not Dr. Cabot explain the very existence of those who "practice" medicine?

The diseases which do not "get well of themselves" are those of a chronic nature and of long standing. Only nature, working with the efficient tool of pure, alkaline blood, can cure these diseases. The directions contained herein will make possible the development of this tool to its greatest usefulness.

In this, the Health School begins where others leave off. Diseases like Bright's disease, diabetes, arthritis deformans, arterio sclerosis, asthma, goiter, and others in this incurable class, are being cured every day by Health School methods.

Eighty per cent of all disease is looked upon as curable—twenty per cent as incurable. It is almost entirely from among the twenty per cent that the

Health School numbers its patients. If organic change—change in the structure of the body—has not progressed so far as seriously to impair the function of the organ or organs involved, the pupil will get well.

The Health School is, as its name implies, the school of health. It is not only interested in getting people well, but in *keeping* people well. Those who live by Health School methods will never enter the class of the eighty per cent—those with curable diseases. And certainly these never enter the class with the unfortunate twenty per cent afflicted with incurable diseases. The Health School's interest in disease is a side issue. It is a condition which must be recognized, but certainly not tolerated. The eighty per cent will get well of themselves. The twenty per cent, or the majority of them, will get well if Health School methods are carefully and earnestly carried out. Those who enjoy good health will be assured of good health for the balance of a long life if Health School rules are followed.

And so this book is printed with the

earnest conviction that it will prove the guide to permanent health to those who follow its teachings. Experience in the last few years has taught me that a multitude awaits such a book. As a word of encouragement to those who naturally feel skeptical after spending hundreds of dollars on so-called "nature cures", and others of the new "healing arts," I might say that just such advice as contained herein has helped hundreds in the past. Diseases such as asthma, systemic catarrh, goiter, diabetes, Bright's disease, rheumatism, and other so-called incurable diseases, "fold their tents like the Arabs and as silently steal away."

Medicine, as ordinarily “practiced,” spends thousands of dollars each year, and an inestimable amount of time in concerning itself with effects—disease.

Back of every effect — disease — is a cause. Change the cause and you change the effect. Acidosis and toxicosis are the two basic causes of all disease. Remove these two causes, live right, and disease will vanish.

P. L. Clark, M. D.

PHYSICAL CONSIDERATIONS.

CHAPTER I.

At birth each of us is endowed with a certain amount of mental and physical equipment. Education and development may increase this, or at least bring to the surface whatever latent power there may be in the individual. My normal physical endowment could not be compared to that of Jack Dempsey, and no amount of training could make it equal to his. Our original endowment was too substantially different.

As we grow older the normal for the body changes. First, because of wrong habits of living, our bodies become so toxic and acid that some organ or organs of the body break down under the strain. When this goes on to the extent of actual physical change, the normal for that body has been changed. No amount of right living can bring such a body back

to what it was prior to the physical alteration of some part or parts.

Related to the change caused by the breakdown of some organ of the body is the very definite physical change brought about by some surgical operation. Teeth cannot be regrown, missing tonsils cannot be replaced, an appendix cannot be returned, or a missing ovary brought back and made to function properly. An excised gall bladder cannot be restored, or ligaments uselessly shortened renewed, or an extirpated uterus replaced. Tonsils like any other organ in the body serve a definite, useful purpose and when they are inflamed it is an effect not a cause. An appendix, by secreting mucous at just the right point, assists in the passage of the fecal matter at a place where it makes a sharp turn and starts upward. And one of the greatest dangers in all abdominal operations is the adhesions, which so often form, making necessary another and another operation, until death intervenes.

When the teeth are removed it constitutes another serious matter. Good health can only be regained and main-

tained by a proper regime. One of the prime requisites of this is the ability to thoroughly and adequately chew one's food. The problem of a return to health is more complicated for one whose natural teeth have been replaced by a man-made makeshift.

When the ovaries have been removed, either one or both, with the consequent rupture to the normal nervous system, time, giving nature a chance to readjust herself, is one of the requirements. Bringing the body back to normal, seeing that it is nourished by pure, wholesome, alkaline blood will greatly facilitate this.

CARE OF THE MOUTH AND TEETH.

If your teeth are in any way defective you positively must have them put in order for thorough mastication at once.

On rising wash and brush the teeth. Choose a brush (soft, medium or hard) which seems best suited to your gums. Brush not only the teeth but the gums and roof of the mouth as well.

WATER DRINKING.

The human body is approximately

67% water. There must be an abundance of water in the system as an aid to proper metabolism and elimination. Plenty of water flushes the system, diluting the poisonous excretory matter, which must be carried off, thereby relieving the strain upon the organs of elimination. The majority of people do not drink enough water. Dr. Gordon G. Burdick writing in "Rational Medicine" says, ". . . I have explained, to my own satisfaction at least, that the sole value of many of our vile tasting drugs depends upon the patient's efforts to get the horrid taste out of his mouth by drinking water."

The absolutely irreducible minimum of water which one should drink would be six glasses a day, and somewhere from nine to twelve glasses a day would be much better.

Never drink ice water. Very hot water, so hot that it needs must be sipped to be endured at all, should likewise be used only as a therapeutic agent in such cases as, for instance, when very hot water might tend to counteract nausea, or when using hot water to relieve a chill. Water

may be taken cool of such a degree as to be palatable, or warm, as warm as it can be taken with comfort. It is a good plan to drink two glasses of water, warm or cold as suits the taste, after cleansing the mouth in the morning.

Do not drink water at a meal so that you use it to wash down food. A very good plan to follow is to drink two glasses of water before each meal, and one glass immediately after the meal. This gives to the body the necessary liquids with which to carry on digestion.

Once digestion has actually started, however, do not drink again. Water put into the stomach a half hour or an hour after a meal dilutes the digestive fluids, chills the stomach, if it is cool water, and retards digestion. Fermentation and putrefaction then set in with their attendant evils. Do not drink for four to four and a half hours after a meal.

Exercise as much care and attention in watering your body as you would a choice plant, and the result will soon prove to you that the reward is well worth the small amount of care required.

I have seen the digestion of many per-

sons seriously impaired by drinking too little water. The blood, because of lack of water, could not furnish enough liquid during digestion to carry into the stomach the concentrated digestive fluids which awaited such action in the peptic glands.

In one instance, an increase in the water taken as directed above caused an increase in the number of red corpuscles, a very marked improvement in digestion, assimilation, nervous and muscular tone, and a gain in weight of six and one half pounds in three weeks.

WATER DRINKING WHEN GOING WITHOUT FOOD.

Water should be sipped often when going without food. Every hour or half hour, if desired, a glass of very warm water should be taken. Cool water may be taken if preferred.

Nausea and vomiting is the only contra-indication to the use of water. No attempt should be made to take water in large quantities when one is suffering from nausea. Sipping water, which is as hot as it can be borne, will often-

times settle the stomach in a very comforting way, where warm or cool water may increase the nausea. Do not drink water in nausea and vomiting other than to try the effect of hot water as directed.

When nausea and vomiting commence after beginning a fast, it indicates that elimination is beginning to take place in the stomach and bowels so rapidly that some portion of the poison, in addition to the fermenting and putrid contents of the stomach and bowels, is being reabsorbed, before it can be passed on out of the bowels.

IF NAUSEATED OPEN THE BOWELS AT ONCE BY ENEMAS.

Enemas taken in the knee-chest position are not only easier to take, but give much more satisfactory results. To assume the knee-chest position kneel and then bend the trunk of the body forward so that the forehead touches the floor.

Assuming this position inject two quarts of warm water into the bowels. Expel this and inject two quarts more. In order to thoroughly rinse and cleanse

the large intestine it is a good plan to take a third injection of two quarts of water.

During the first two weeks, while the worst of the poison is being eliminated, and occasionally afterward, put a moderately heaping tablespoonful of bicarbonate of soda, ordinary baking soda, into the two quarts of water. This will tend to counteract the acid and prevent its reabsorption.

ENEMAS TO RELIEVE THIRST.

If water cannot be taken by the mouth on account of nausea, and this is prolonged until severe thirst results, a pint of water may be given as an enema every two or three hours. So small an amount will be retained and absorbed by the body, especially so if one will lie down, or is already in bed.

The normal salt solution, that is, a level teaspoonful of table salt to a pint of water, should always be used when giving an enema to relieve thirst.

Nausea and sick stomach may often be overcome by taking a prolonged hot bath, which relieves congestion and re-

stores bodily tone and function. When the nausea has been overcome, sipping very warm water occasionally will be found possible, and will prevent a return of the nausea.

Keep warm after such a bath taking particular pains to see that the feet, legs and arms are warm. Bed is always the best place after a hot bath.

BREATHING.

The best type of breathing is that which includes the entire chest. Oxygen is necessary to carry on the ordinary metabolism of the body. Many people breathe in such a manner that air enters practically only the lower part of the lungs. This leaves the upper part of the lungs without the stimulation of constant use. The blood supply at this point becomes more and more inadequate and the inert condition ultimately serves as the loophole for the onset of disease. Breathing of the type which uses only the upper part of the lungs gives inadequate oxidation to the body.

Hold the body normally erect, the weight on the balls of the feet, with the

whole body from the ankles up inclined just slightly forward, and take a good normally deep breath while the hands are on the hips and the head up, and you will learn how it feels to breathe in such a manner that you use the entire lungs.

BATHS.

Once or twice a week is often enough to take a hot cleansing tub bath. The water should be hot as can be tolerated and five to ten minutes is sufficiently long. Then permit the hot water to drain out and draw a few inches of water of a temperature as cool as can be borne comfortably and sponge off quickly. Then give the body a five to ten minute brisk dry rub.

The cold sponge bath can be used by many people to good advantage. Some, however, who are thin or abnormally enervated, will find an extremely cold bath too great a shock to be borne comfortably. Such people should temper the water to their own best needs. If the water is too cold the resulting chill to the system will be so severe that the reaction to a tingling glow of the whole

body may be missing entirely. If this is true, or if it is even long delayed, it indicates that the water used was too cold.

THE COLD SPONGE.

For a cold sponge, draw four or five inches of cold water into the tub and begin by washing the face and hands while you are still standing on the outside of the tub. Carry the water up over one arm and rub with the open hand; repeat until the arm is used to the cold, then treat the other arm the same way.

Then step into the tub and treat each leg the same way. Squatting in the tub give your genitals a thorough bath, drop on your knees and carry the water over your body.

Step out of the tub and follow the bath with a thorough dry rubbing with a coarse towel, flesh brush, or mittens made for rubbing. .

Some will find that the cold bath can be comfortably borne and the reaction will be a feeling of good health and strength if a quick hot bath for the hands and feet is taken just preceding it. Draw a little hot water and wash the face and

neck and hands. Then get into the tub and allow the feet to toast for a few minutes. Afterwards take the cold sponge as directed above.

The cold sponge bath should always be preceded by five or ten minutes vigorous exercise, and should not be taken until warm. If the room is cold take a dry rub in the morning and a cool bath in the evening. Never take a cold bath in a cold room. The rubbing is more important than the application of water.

THE DRY RUB.

Use a coarse towel, a flesh brush or mittens made for rubbing the flesh. Give the body a vigorous rubbing for five to ten minutes night and morning, this will promote adequate circulation in the skin, stimulating circulation of the blood through the millions of sweat glands of the body. As emunctories, or eliminating organs, the sweat glands are very important. Adequate circulation through them is, consequently, necessary.

UNDERWEAR.

The skin should have free ventilation. For that reason excessively heavy un-

derwear is inadvisable. In summer the very lightest underwear procurable should be worn. In winter comparatively light cotton or linen underwear is sufficient.

Many people living in houses heated to summer heat wear heavy, winter underwear. This enervates the skin and destroys its protective function. Bathe as directed and give the skin a thorough dry rubbing and it will be kept in good wholesome condition.

Wearing excessively heavy underwear and working indoors in offices, stores, shops, and factories brings about enervation of the whole body as well as the skin. The body is kept uncomfortably warm even to the point of constant perspiration.

When going out into cold or severe weather put on sufficient additional clothing to keep warm.

REST.

Three kinds of rest are necessary when one is restoring the body to good health—physical rest, mental rest and physiological rest.

Physical rest in adequate amount is

best obtained by spending a week, or a month, in bed as the case demands. Rest until poised in mind and body.

For mental rest banish all worry, mental uneasiness and irritation of every kind. Shun persons who irritate you, and avoid doing those things which annoy you.

Physiological rest is secured by greatly reducing the intake of food, or going without food entirely. This gives rest to the badly abused internal organs—the stomach, intestines, liver, kidneys, spleen, heart, the glandular system and the nervous system.

PAIN AND HOW TO RELIEVE IT.

Pain is a warning that there is congestion and inflammation and should be relieved at once by a prolonged hot bath. The hot bath should be continued until the pain is relieved, a result attained when there is free and continued perspiration. The hot bath may be repeated as often as necessary to keep the pain under control and maintain a gentle perspiration.

Perspiring freely means that everyone of the seven or eight million sweat

glands over the surface of the body are gorged with blood, for to become active a gland must be gorged with blood. This gorging with blood of the surface of the body results in practically one half of the blood in the body being contained in the surface flesh to a depth of one half to one inch. This pulls the blood away from all internal organs, and inflammation is reduced or entirely ceases, for the same reason that a fire goes out when the fuel is not replenished. One may become faint because the blood is pulled away from the brain to the surface of the body. Since the explanation is so simple this faintness, however, should cause no alarm as it is only necessary to lie down and keep quiet to have equilibrium quickly restored.

If threatened with pneumonia, the inflammation in the lungs will cease, for the same reason that a fire will go out if you withdraw the fuel, by drawing the blood to the surface. Inflamed kidneys will be relieved and function restored if the hot bath is continued sufficiently long. I recall three different cases of inflammation of the kidneys in which

there was complete stoppage of their action. Uremic poisoning followed and was so aggravated that in the judgment of seven consulting doctors, physicians and surgeons, there was nothing further that could be done except to write the death certificate. Each of these cases was completely relieved by profuse perspiration brought about by a hot bath, repeating the bath as often as it was required to keep the patient continually sweating. In these cases the poison was eliminated by the patient literally urinating through the skin, and the inflammation subsided so rapidly that function was restored and urine passed normally within eighteen hours.

Keep the water as hot as can be comfortably borne by continually renewing the hot, displacing the cooler water. Stay in the bath until free from pain.

Have the air in the bathroom cool and fresh by keeping open a window or door or both. Give the pupil cool water to drink frequently and keep a cool towel on the head and face.

There must be full relaxation and freedom from pain before ending the bath.

Put the pupil into bed from the bath, cover up and take care not to cool off too rapidly. If pain returns get back into the tub again, immediately, and remain until entirely relieved.

Depending upon the severity of the attack and its nature, and the temperature of the water, the bath may be prolonged from twenty minutes to an hour.

A PROLONGED HOT BATH SHOULD NOT BE GIVEN TO THOSE HAVING ORGANIC HEART DISEASE EXCEPT UNDER THE CARE OF A PHYSICIAN. Such cases must be kept quiet and apply the heat while in bed. .

EXERCISE.

All exercise which tends to promote increased blood supply in the muscles and which develops the body is good. All good things, however, can be overdone. When one exercises to the point of complete exhaustion, it is too much of a strain upon the heart. Be moderate.

Such exercises as are given in our exercise book are vitally necessary. These, if followed consistently, will improve the nervous and muscular tone greatly.

MENTAL CONSIDERATIONS.

CHAPTER II.

Effort backed by knowledge and intelligence will succeed in restoring broken health. Good health can be acquired only through knowledge and effort. The vast majority are sick because of ignorance of nature's immutable laws—few being sick because of vicious violation of these laws. These instructions will furnish you with a knowledge of how to live so that you will regain and then **MAINTAIN GOOD HEALTH**. You alone must put forth the **EFFORT**.

Why is the result so dependent upon your own, and your own effort alone?

Because health cannot be bought. Drugs, serums, nature cures, other cure-alls and "isms" have all failed. The average idea seems to be something like this. "Doctor, I am sick." The pro-

cedure then is a prescription, rush to the drugstore, get some pill or potion, swallow it and you are well again. Palliation of pain—relief from distressing symptoms—may be purchased this way. But the price which one pays in the ultimate destruction of health cannot be measured in terms of money.

No one can sell you health. Doctor Richard C. Cabot of the Massachusetts General Hospital writing in his book, "A Layman's Handbook of Medicine" says: "Patients always want something put on the spot—on the head for head-ache, on the foot for foot-ache,—and we cannot do it."

Pain in the kidneys and back. distress around the heart, sore-throat and even aching joints in cases of rheumatism are but manifestations of a general systemic condition. Any local application which is made is purely palliative, and in most cases the relief is due more to psychological effect than anything else. It may reduce the pain or the ache for a time, but only removal of the cause will bring about ultimate and lasting relief.

Pure, alkaline blood is the only known cure for disease.

If enervation has not proceeded too far and structural change has not become too great, the results produced by a wholesome, non-poisonous blood stream seem many times just short of the miraculous.

In any case, pure, wholesome blood is the one last, supreme hope and is certain to restore to their fullest efficiency such portions of all organs of the body as are still capable of functioning.

How shall your blood be made pure, alkaline, wholesome and nourishing?

These instructions, supplemented by what personal and special advice is necessary, will tell you. They will teach you how to so live that there will be restored to you such measure of health as will be possible through efficient functioning of every organ of your body.

Disease cannot inhabit a body nourished by pure, normal, alkaline blood.

Learn how to clean the blood and the body and restore to the highest efficiency every fiber of your being. Then, for

you, there will be no mental or physical handicap in the battles of life.

BANISH WORRY! WHY AND HOW.

Why waste time and energy worrying about what is the matter with you? Bend your thought and your effort to thinking of what you want yourself to be. Intense desire, insatiable longing is the real basis of getting what you want. What we *really* want in this world is what we get. If we want good health, will *work* for it, *think* it as well as *live* it, *we will have it*. But actually, honestly and truly, when we analyze all of our feelings, some of us want to be "babied".

THE SICK HABIT

Many people craving sympathy are continually relating their symptoms and detailing their experiences to every new acquaintance whom they succeed in cornering. One such man would consume an hour and a half with HIS story. As the result he was earning the title of an unmitigated bore and meanwhile absolutely inhibiting his own possibility of recovery. He was forming a sick habit.

Remember: "No music will cause the world to so quickly stop its ears as a song of woe." The more ignorant and uneducated a man is the more he talks about himself. *What is your chief topic of conversation?*

It is no longer fashionable to tell how many of your internal organs you have lost, nor how many operations you have had.

When asked how you are, say "Fine and dandy! Why shouldn't I be?" You cannot get well if you continually cultivate disease by talking about how badly you feel and what you are doing for it. Do not discuss sickness or treatment with anyone except your physician.

ACIDOSIS AND TOXICOSIS.

Acidosis and Toxicosis are the primary causes of all disease. Rid the body of these poisonings and correct the habits of living and good health will be regained and maintained.

WHY CHANGE MY HABITS?

"Why should I change my habits of living? I live about as does everyone else."

The best answer to that question may be gained by merely looking at the reports of the various life insurance companies. The average death rate for human beings is 43 years. If you are approaching that age you are getting closer to the "dead line." If you are past that age and have lived in the conventional way it means that you were originally endowed with better than the average in physical constitution. In the lower animals the total span of life is from five to six times the period taken to reach maturity. Taking 24 years as the age of maturity for man (accepted by many authorities) the average life of an individual then should be from 120 to 150 years. Being ultra conservative we might still expect man to live at least to be 100 years old. It would seem that something must be radically wrong with our accepted mode of living when the average death rate is 43 years.

**WRONG HABITS OF LIFE MUST
BE OVERCOME.**

FOODS AND COOKING.

CHAPTER III.

We classify food as starchy vegetables, non-starchy vegetables, protein foods, fresh fruits and sweet dried fruits.

STARCHY VEGETABLES.

Starchy vegetables, or starch foods, include every preparation made from the grains,—barley, corn, oats, rice, rye, and wheat. Irish and sweet potatoes are starch foods, as are navy beans, dry lima beans, dry peas, dry lentils, bananas, chestnuts, hubbard squash and pumpkin.

The group mentioned above comprises the legumes—navy beans, dry lima beans, kidney beans, dry lentils—which are rich in protein as well as starch. Peanuts might be included in this group, but since they have slightly more pro-

tein than starch they have been classed as a protein food.

In any event these six, because of this mixture of protein and starch in such large proportions, are notoriously hard to digest. They should never be eaten by anyone suffering from impaired digestion.

If eaten with fresh fruits (see under same at end of this chapter) fermentation may result.

For the average adult very little protein is required. Consequently, any of the lentil family may well comprise both the starch and protein meal for the day when eaten, and the two other meals for that day should be especially light.

Under the heading of starch foods are also included all ready-to-serve breakfast foods, and the various breakfast food preparations that are to be cooked, and cereals of all kinds.

Many of these prepared foods, however, are not fit to eat. This is because in the manufacture they have been devitalized by the removal of the germ, the

earthy salts, and much of the most nourishing part of the grain.

Among the devitalized products which are positively unfit for human consumption are all so-called foods made from white flour—white bread, biscuit, crackers. Refined breakfast foods such as cream-of-wheat, farina, ordinary corn meal, the majority of the cornflakes, cornstarch, polished rice, puffed rice, pearled barley, sago, tapioca, and mashed potatoes as ordinarily made—that is, by peeling the potato before cooking and then having the water poured off,—are likewise unfit foods. The earthy salts are just under the skin of the potato and are lost when the potato peel is thrown away. The potatoes then become a potentially acid food and unfit for nourishment of the body.

These prepared foods, with refined sugars of every kind and all refined cereals, are potentially acid foods. They contain none of the natural mineral salts which the body requires, and drain from the body what little it succeeds in extracting from other foods, since the acid

they produce must be neutralized by these mineral salts.

A partial list of starch foods which can be recommended would include old fashioned pin-head oatmeal, some oat flakes, some cracked wheat, natural brown or unpolished rice, unpearled barley, whole wheat flour, whole rye flour, whole cornmeal, shredded wheat, puffed wheat, force, triscuit, rye krisp and zweibach made from whole wheat and whole rye bread.

CONSIDER WHITE FLOUR.

It has been argued that white flour is better than whole grain products for persons with very weak digestion, on the basis that white flour products are more easily digested and consequently lessen the work required of an already weakened digestive apparatus.

The advocates of white flour admit that it is potentially acid. To counteract this acidity they urge the consumption of a sufficient amount of potentially alkaline, non-starchy vegetables, raw or cooked. But under this regime wherein does any saving result to the digestive

apparatus? The salads and cooked non-starchy vegetables which it is necessary to take with flour to overcome its potentially acid condition will certainly require the equivalent in digestive power that whole grain products will require.

The system requires the earthy salts of the whole grain because they are constantly being excreted. Even during a fast calcium is lost through the bowels, sodium through the skin, and the sulphates and phosphates through the urine. And more acid is constantly being produced within the body by the mere process of living through the metabolic changes due to destruction of muscular and nerve tissue.

In the processes of life sulphuric acid, phosphoric acid, and many amino-acids, uric acid and lactic acid are constantly formed. Unless one eats non-demineralized foods which contain the mineral salts to neutralize these acids, the alkalinity of the body will be quickly lowered and will soon reach a state of lessened alkalinity, or acidosis. In acute cases this is, according to the degree of severity and the whim of the doctor,

called pellagra, beri-beri, scurvy, or rickets.

It is much better, then, to let the salts of the fresh, raw vegetables and salads serve as an additional or reserve supply to counteract the natural acidity produced through the normal metabolic changes in the body. Then the more wholesome whole-grain products, so easily procured, will take care of themselves and acidosis will be avoided. We are only adding to our difficulties when we eat potentially acid foods. If white flour is better than whole grain products because easier of digestion, then sugars should be superior to white flour and alcohol better than either of the last two. They are all carbohydrates and alcohol gets into the blood quicker than sugar or starch. But how long will you last on alcohol alone?

NON-STARCHY VEGETABLES.

This heading does not mean that there is no starch in the so-called non-starchy vegetables, but in those classed here it exists in relatively small proportions. It is true that peas contain approximately 17% and green corn about

19.9% starch, but these two contain more starch than any other green vegetables, with the possible exception of green lima beans, which are also quite starchy. Under this heading would come

Asparagus	Garlic
Cabbage	Lotus
Celery	Okra
Egg plant	Parsnips
Green peas	Summer squash
Lettuce	Mustard greens
Oyster plant	Brussels sprouts
Rutabagoes	Cauliflower
String beans	Dandelion greens
Turnips	Green lima beans
Beets	Kohlrabi
Carrots	Onions
Cucumbers	Radishes
Endive	Spinach
Green corn	Tomatoes

Watermelon and canteloupe may be classed as non-starchy vegetables, but they should be eaten alone on account of the tendency to fermentation.

PROTEIN FOODS.

Protein foods include all kinds of flesh—beef, veal, mutton, lamb, pork; fish of all kinds, oysters, lobster; chicken

and all fowl, game, and dairy products—eggs, milk and cheese, excepting butter which is fat. The red meats are more nourishing than the light meats, the latter, however, being considered more easily digested by some. Experience, however, disproves this, I believe. Lean pork, for instance, properly cooked, will digest as easily as the white meat of chicken, and is much more nourishing.

DRINKING WITH MEALS.

Drinking with one's meals has largely been discussed under the paragraph, "Water Drinking."

Many people desire a warm drink with or after a meal. When the liquid is used purely as a drink and is not used as a means of washing down food, it is perfectly all right to drink with one's meals. For a warm drink use "Cambric Tea," a cupful of hot water with a dash of milk, and perhaps a lump of sugar (honey is better) if taken with a protein meal. The hot water may be taken with *milk only*, and always absolutely no sugar with a starch meal. It is preferable when taken without sugar even with a protein meal. If you must have

your beverage colored a coffee color, thoroughly brown any cereal in the oven until it is nearly burned, put it through the coffee grinder and use it as regular coffee. This is superior to most of the prepared cereal coffees as they generally contain at least some refined sugar. You will get the same benefit as from any cereal coffee and the "reason" is that you are eliminating from your diet the poisonous stimulants, theo-bromine, theine, tannin, and caffeine. These are found in cocoa, coffee, green tea, and black tea, and exist in the beverages in increasing quantity in the order named above.

COOKING VEGETABLES.

1. All starch foods should be eaten dry, with butter when desired.

2. The only "cream dressing" permissible for vegetables is real cream or milk. Evaporated milk (not condensed milk, which contains sugar) makes a delicious cream dressing.

The reason for these very positive statements is this: Starch foods digest in the alkaline medium of the saliva and

the ferment ptyalin in the saliva ceases to act when the mixture becomes acid or even neutral. Digestion of starches, therefore, starts in the mouth. Unless the starch foods are thoroughly masticated and insalivated there will not be sufficient mixture with the ptyalin to insure proper digestion. Washed into the stomach by other liquids before it has become properly mixed with the saliva, digestion cannot proceed and fermentation is the result. The old supposed standard bread and milk is not good, nor cereals soaked in cream or milk, or bread or toast dipped in tea or coffee.

Generally one of two ways of thickening a so-called "cream dressing" is used. One is to thicken it with corn-starch and the other is to use flour. Corn-starch being a highly refined food is unfit to eat in any case. Even if the dressing is thickened with wholewheat flour one has the combination of a starch and a liquid and the starch will not be properly insalivated.

VEGETABLE JUICES.

The juices from vegetables are altogether the most important part of them.

It is very necessary to save and eat every bit of this juice. Almost all restaurant cooks and many housewives, who have not been better taught, pour these life-giving juices down the sink. These juices contain the earthy salts which have been boiled out of the vegetables during the process of cooking. Throwing this juice away, throws away the mineral salts so vitally necessary to correct the acid condition of the body and maintain the normal alkalinity.

Cook vegetables in as little water as possible. Use a covered receptacle over a slow fire and cook without seasoning. Let each person season to his taste with butter and salt when served. See that each serving contains its portion of the rich life-sustaining juice.

VEGETABLE SOUP.

A delicious vegetable soup may be made by taking equal parts of four or five of any of the non-starchy vegetables. Grind all of these vegetables through the meat chopper, being careful to save any of the rich raw vegetable juices that may be squeezed out in the process. Cover these ground vegetables with

water, being careful not to use too much as the soup ought to be as thick and rich as possible. Cook over a slow fire for from two to three hours. Strain through a fine sieve, and use only the juice. The pulp may be squeezed through a potato ricer, to get all the juice possible.

When ready to serve, the addition of a little warm milk and a little salt or butter for seasoning will make a very delicious soup. Vegetable soup of this nature may be used either with a starch or a meat meal. If tomatoes have been used as one of the vegetables it is better not to serve it with a starch meal.

When vegetable soup is being used in the early stages of the elimination process, *no milk* is to be added. Use only the clear vegetable juice seasoned, if absolutely necessary, with a little salt and butter. Do not cook the vegetables with meat stock.

SALADS.

Under the heading "Non-Starchy Vegetables" are listed practically all of the common vegetables that we eat every day. We consider them non-starchy

cooked vegetables.

vegetables when we think of them as

Salads, on the other hand, we think of as vegetables in their raw or natural state. With the exception of squash and pumpkin, practically any of the vegetables in the non-starchy list may be used as a salad.

Lettuce, spinach, or celery-cabbage, and in a large amount, should always serve as the basis or body of the salad. Raw cabbage, shredded, may be used if desired. Cabbage in its raw state is very much more easily digested than when cooked.

The lettuce or spinach or celery-cabbage may be covered with grated carrots, grated turnips, sliced tomatoes (when the salad is to be eaten with a protein meal), grated or sliced onions, or radishes, celery, ground beets, asparagus tips, and as mentioned above, almost any other of the vegetables in the "non-starchy list" that appeal to the individual's taste.

Remember that lettuce or some other green vegetable of the leafy variety should always be the standard basis for

a salad. Spinach is especially valuable because of the high content of mineral salts.

When fresh tomatoes cannot be secured canned tomatoes may be used. Cooking, however, destroys vitamins, and the purpose of eating fresh fruits and vegetables is to supply the body with vitamins as well as the earthy salts.

Raw apple may be used in a salad when the salad is to be eaten with a protein meal.

VITAMINES.

Advertising is one of the greatest of all means of education. Consequently, there is scarcely a man, woman or child in the country capable of reading, who in the last two or three months has not heard a good deal or read a good deal about "Vitamines."

One of the great facts about vitamins is that they resist all attempts at refinement or preparation. They are found in the minutest quantities, if at all, in any prepared food or drug. The way to get your vitamins is by eating the fresh, raw, green fruits and vegetables, all of which contain them in large amounts.

In the raw state these vegetables are easily assimilable and the vitamins therein will do the maximum of good.

MEAT COOKING.

Meat should never be fried.

Broil, bake or stew it. Stewing meat is one of the best methods because in this way the cheaper, tougher and more nutritious meats may be made as tender as the more expensive but less nutritious cuts. Round steak is from 10% to 20% more nutritious than the porterhouse and can be made equally palatable if properly cooked.

A pressure cooker makes cooking a joy to the housewife because with it she may cook a meal in 30 minutes. The food for the entire meal, meat and vegetables, may be put into the cooker in separate pans with little or no water on them and without fear of burning. The reason for this is that the cooking is done under steam pressure of from 15 to 25 pounds. Fireless cookers are also satisfactory.

In stewing meat it should be allowed to simmer slowly and the evaporation of the water permitted as the meat be-

comes tender and the greater part of the juice cooked back into the meat. Gravy mixed with water or milk is permissible, but do not thicken it with any form of starch. This gravy may then be used on the meat or on the vegetables used at the meal. Fish may be baked or broiled the same as meat. If fish is placed upon a piece of oiled or greased brown paper for baking it will not stick to the pan and will cook very nicely.

Eggs.

The more you cook an egg the harder you make it and the harder it is to digest. An egg in its raw state is practically a liquid. All foods must be reduced to a liquid before they can be assimilated by the body. The longer you cook an egg the further it is removed from the assimilable state. For this reason cook eggs as little as your own inclination regarding palatability will permit. The white should never be entirely set. When taking an egg raw beat it up with the egg beater, add a half to a teaspoonful of lemon juice, a little milk and salt, and eat with a spoon.

A coddled egg is also appetizing. Have

a pint of water boiling, drop in the egg without breaking it, and set the water off the fire. The egg will be done in from five to eight minutes. With a trial or two you will be able to time it to secure the consistency desired. Another tasty way to cook eggs is to add four tablespoonfuls of milk for each egg, thoroughly beat with the egg beater, pour into a double boiler and cook until it is of the right consistency, or about as thick as soft custard. Do not stir, but merely bring the cooked portions from the edges in towards the center, and you have a really delicious egg dish. Eggs may be scrambled, soft, or poached, although appreciable loss is generally experienced with the latter.

FRESH FRUITS.

Pears, apples, peaches, plums, grapes, oranges, lemons, grapefruit, pineapple and all berries—black berries, raspberries, strawberries, blueberries—in fact practically all fruits or berries in season, are classed as “fresh fruits”.

Fruits and berries so classed should not be eaten with starch meals. Varying from 2% or 3% to 12% or 14% acid,

their juices, as has already been explained, neutralize the alkalinity of the saliva and fermentation of the starches results.

In winter the fresh fruits may be eaten with protein meals. Those with a tendency to thinness, however, should use them sparingly in cold weather.

For both summer and winter some fresh fruit eaten with some sweet, dried fruit, mentioned a little later, will make a tasty and nourishing breakfast or light luncheon.

For summer a cooling, healthful luncheon will be provided if fresh fruit, or fruit salad, is eaten with one or two non-starchy vegetables.

SWEET DRIED FRUITS.

The sweet, dried fruits, so-called, are four in number—dates, prunes, raisins, and unsulphured figs. The black Mission fig is the commonest fig obtainable which is unsulphured. It is also the most reasonable in price.

These fruits are all rich in carbohydrates in the form of fruit sugar. Since the starch of the grains must be

changed to a product essentially fruit sugar before assimilation can take place, the sweet dried fruits are one step ahead of starches when eaten.

The sweet, dried fruits may be eaten with starches if one's digestion is sound. When the digestive function is impaired, however, such a mixture may result in fermentation.

These fruits are great fuel and energy producers, and a small amount, a half cupful, is adequate for the heartiest meal, smaller amounts sufficing ordinarily.

Both the fresh fruits and sweet dried fruits are rich in vitamins. In this natural state the vitamins are undestroyed and being so easily assimilable do the greatest good to the body.

It must be borne in mind that for those struggling back to good health from a severely acid condition fresh fruits should be used very sparingly for a time. Substitute raw, green vegetables, grated carrots, celery, lettuce, cabbage, grated beets or turnips or any other that appeals to the individual in the green, raw state.

THE HEALTH SCHOOL RULES.

CHAPTER IV.

Be moderate.

Be thorough.

Be cheerful.

Be of a positive nature.

Be regular in your habits of life.

BE MODERATE.

"Moderation is a gift from heaven."

Some place, years ago, I read a thought substantially that, whether or not those were the exact words. In any event such is a true fact. We have within ourselves the power to choose whether we will indulge ourselves or whether we will be moderate in all things.

There is no other single violation of nature's laws which causes so much ill-health as overeating.

This habit is usually started early in life by fond parents who feed us cereals and sugar. Such a mixture will shortly become a fermenting mass because the

sugar encourages us to eat beyond the digestive capacity, and sugar itself is a virulent ferment and largely increases the amount of acid fermentation.

Indulgent grandmothers give us perfectly unfit, potentially acid white bread sprinkled with sugar or syrup. Bread with jam is another of the pet indulgences of grandparents and misguided mothers. This is presumed to make bread much more palatable. It certainly makes it much more noxious. No wonder the children of today are so troubled with enlarged tonsils, adenoids and systematic catarrh.

Strict observance of a part of Rule No. 2 relating to chewing your food thoroughly will greatly aid in the carrying out of Rule No. 1. When we bolt our food, hunger is not satisfied until the stomach is overloaded because the taste follicles never come in contact with sufficient earthy salts to register satisfaction. The large chunks of food poured into the stomach can be, at best, but partly digested. Fermentation and putrefaction result, with consequent acidosis and toxicosis. The stomach has

neither teeth nor grinding apparatus with which to reduce the chunks of food which, in the vast majority of cases, are put into it.

Even when eating the most suitable combinations of food—food prepared in the best manner possible—one may overeat because of deliberate failure to heed nature's warning. The instant the sense of having enough is felt stop eating. If you feel that to continue to eat you must try something else, particularly a desert, **STOP EATING.**

NEVER EAT WHEN TIRED.

Even though but half the accustomed amount be taken overeating will result as there is not sufficient nerve energy to take care of digestion. In a tired, exhausted condition it is not moderation to load upon your body the call for the nervous energy necessary for the digestion of food, even though it be a greatly reduced quantity compared to that which you ordinarily take.

BE THOROUGH.

Under this rule "Be thorough," one of the prime considerations is that re-

lating to the chewing of food. Above all, be most thorough in the mastication, insalivation and liquefaction of your food.

As an aid to the carrying out of this important consideration, follow these directions:

- (a) Take one-half as much into the mouth for each mouthful as you have been accustomed to take.
- (b) Chew each mouthful until liquefied.
- (c) Strain the liquid with the tongue so that all particles are kept in the fore part of the mouth swallowing only the entirely liquefied portion.
- (d) Chew each mouthful until there can be extracted from it no further taste.
- (e) At each meal watch with painstaking care the first three mouthfuls taken. You will have yourself under control by that time and can finish the meal without bolting partly chewed food.

The evil consequences of imperfect mastication are too numerous to be mentioned here. Thorough mastication does

not mean that you shall make a bore of eating by forcibly retaining food in the mouth or counting the chews, but that you shall so thoroughly insalivate and liquefy the food that straining the liquid back with the tongue becomes involuntary.

When you realize the absolute necessity of this and you have it thoroughly impressed upon your mind, the conscious mind will carry it through to the subconscious and you will find that with little effort you can acquire the habit.

Digestion and assimilation are a liquefying process. Chunks of food cannot be assimilated. If we carry the explanation to its absolute conclusion, digestion is the analysis of all the food we take into the stomach, while assimilation is the synthesis of the analyzed food. Analysis means the reducing of anything to its elements, and synthesis the reformation of these elements into the same or different combinations.

Strict observance of Rule No. 2, "Be thorough," will aid you wonderfully in respect to Rule No. 1, so you will find yourself easily satisfied with one-half to

two-thirds the quantity of food that you have usually eaten when you practice the habit of thoroughly chewing the food you do eat.

Exercise should be carried on in the same way as the consumption of food—moderately but thoroughly. Running two miles before breakfast every morning is fine exercise, but it is certainly an overindulgence for the average person. Exercises of the nature of those described in the Health School's Exercise Book will exercise the body thoroughly, if carried out systematically.

Rigid adherence to the diet is an absolute necessity for anyone attempting to regain good health. I have seen case after case whose progress was not satisfactory, and for which no explanation could be found for some days. Finally it would develop that the man had been smoking or chewing, or the woman had been taking an "ever-so-occasional" piece of candy, or some indulgence of that nature, which *they* were *sure* could do no harm.

Departure from strict adherence to the Health School regime in the shape

of indulgences is all right for those in absolute good health when, of course, Rule No. 1, "Be moderate," is closely observed.

BE CHEERFUL.

"Smile awhile,
And while you smile
Another smiles;
And soon there's miles and miles of
smiles,
And life's worth while,
Because you smile."

Stop your worrying! Worry prevents sleep and sleeplessness adds to worry. Remember this, *nine-tenths of the things we worry about never happen, and the other one-tenth are never half as bad as we expected them to be.* The mere resolution to stop worrying without a positive effort to do so, will not accomplish the desired result.

When everything looks the blackest, just cheer yourself up with the thought that, "it won't make much difference a hundred years from now, anyway."

Bodily comfort is one of the greatest aids to a cheerful mind. For that reason keep yourself warm. It is depressing

and enervating if one is cold. The feet, legs, hands, and arms should be watched carefully. Cold is death, and very young and old people chill easily. A jug of hot water should be kept continuously at the feet or at the side of anyone who has a tendency to be chilled or cold.

Exercise particular care when fasting, as the body must feed on its own fat to produce heat when food is withdrawn. Any chill should be quickly overcome by getting into a bath of hot water. Death may follow neglect in overcoming chill.

EAT ONLY WHEN HUNGRY.

As a further consideration of an "aid to being cheerful" never eat unless hungry. There is a vast difference between hunger and appetite. All food looks good to one if really hungry. Appetite moves one to carefully look over all food presented in an endeavor to select that which most appeals to it. It is better to skip a meal than to eat when not hungry.

It is the equivalent of overeating—immoderation—to eat without **true** hunger.

Never eat if you have suffered any discomfort from one mealtime to the next.

Eating will only add to the discomfort, and as I said a moment ago, comfort is absolutely necessary if we are to be cheerful. This means if one has suffered pain, discomfort, any distress, mental or physical, sleeplessness, headache, heavy feeling, or has felt tired and nervous, skip the next meal.

If any time between breakfast and noon you feel ill and have any discomfort skip your noon meal. If during the period from the noon to the evening meal you are conscious of any ill feeling, skip the evening meal. If you suffer any inconvenience, mental or physical, from the evening meal until rising next morning, skip your breakfast.

It will be only in case that you have violated one or all of these rules repeatedly that you must give thought to these last considerations. Only by such continual breaking of the rules will any serious discomfort be experienced.

HOW TO RELIEVE DISCOMFORT.

The discomfort in most instances is due to the absorption of the products of fermentation and putrefaction from the bowels.

Take an enema as has already been described under the paragraph on when to drink water. When going without food two causes may make you feel ill. Rapid elimination of the toxins with which the blood and the body are saturated often pours into the intestines and stomach the virulent liquid toxic poisons which turn to gas, causing discomfort unless they are passed out of the bowels soon enough to prevent reabsorption by the blood. Elimination from the flesh to the intestines in many cases is so rapid that prevention of reabsorption is well-nigh impossible. Enemas will materially aid in the rapid expulsion of this poison and great relief will be experienced by this lessening of reabsorption.

“Food drunkenness” is nearly universal. Many of the worst food “drunkards” are those who would be greatly shocked and angered if you intimated to them that they had not the stamina to abstain from alcohol, morphine, or cocaine. Yet these are the very ones who indulge themselves in the consumption of food from day to day and almost from hour to hour.

Finally outraged nature will no longer tolerate overeating, or stimulation with food, cocoa, coffee, tea or tobacco, and disease is manifested through nature's efforts to throw off the poisonous toxins. Then a change in the habit of living is forced.

A sick dog or any sick animal will refuse food until it is feeling better. In abstaining from food for a meal or two, or even for two or three days, a feeling of weakness is not due to any potential loss of strength. The weakness comes because the nervous system has lost its accustomed "shot" of stimulant through the sudden stopping of stimulating foods and drinks, and the consequent withdrawal of the regular "shot" of toxic, acid poison to which the nervous system has been accustomed.

This weakness is exactly the same as that experienced by users of tobacco, whisky, morphine, or cocaine when the drug is withdrawn.

This is the explanation of why, during the first week or ten days, many feel worse than before they started treatment with the Health School. The feeling,

however, will soon pass off, the time required being in accordance with how long and to what extent nature has been outraged.

Those, who for years, have overeaten and overstimulated themselves with foods, tobacco, alcohol, coffee, tea, or are victims of drugs taken to relieve pain, or have taken tonics, or have indulged in venereal excesses will be slower to recover than those whose bad habits are of shorter duration or of less serious nature.

The discomfort should be endured with fortitude and patience, made possible by the certain knowledge that the reward will be the lessening and the eventual relief from discomfort, the return to normal of the body, and the final restoration to full health. Further consolation may be taken from the thought that the return to *good health is not temporary, but of a permanent nature.*

When not eating, drink water freely and take enemas as described under the paragraph in Chapter I on "water drinking."

BE OF A POSITIVE NATURE.

“The Optimist and the Pessimist,
The difference is droll,
The Optimist sees the doughnut,
The Pessimist sees the hole.”

In these four lines, and in spite of the fact that they are spoken in jest, is contained the real definition of the difference between the optimist and the pessimist. The Pessimist sees only the “hole” --the negative side of life. The Optimist sees the doughnut—or the positive side of things. If all the people of the world were to spend one week in exerting all their energy toward the positive things of life, that is to say, the good things, the things that they *think* they want, the results would be astounding. Energy in inconceivable amount is expended in the useless task of mulling over, thinking about, and talking about our troubles.

DO NOT TALK ABOUT YOUR TROUBLES.

If you have anything the matter with you, don't think about it! If it is anything really very serious you will have it impressed upon your attention enough

without spending any time or devoting any energy to its further consideration.

Face the light. Turn your back on your troubles. *Make your troubles follow you*, don't constantly be following them.

Do not talk about your ailments to anyone but your physician—and if he has good sense he won't let you. The more you go over and over your symptoms and troubles the greater the sick-habit you build. Make every other consideration secondary to the business of getting well. It is depressing to anyone to think of and talk about their own ailments. Conserve all the vital forces of your body to get back to normal.

We cannot sell you health, nor is it anywhere to be purchased.

Drugs are worse than useless as they simply burden the body with still more poisons which must be eliminated.

Persevere in your efforts, be determined, energetic, earnest, conscientious, enter into your new determination to get well whole-heartedly and success will be yours. Dependable health requires a rejuvenation of the tissues of your body

and this is accomplished by a process of growth. This growth takes time, varying in each pupil in accordance with the state of degeneration, from some weeks, to two or three years.

MORNING GREETINGS.

Who has not heard the fool friend who will say, "How bad you look?" "Have you been sick?" Or how many people say, or think, when they get up in the morning, "O how bad I feel this morning!"

All these are negation—looking at the negative side of life.

Whether you think it or not, when you see a friend in the morning say, "How well you look this morning." If you do this you will probably see your friend throw his shoulders back and his head up and look a great deal better than he did ten seconds before you greeted him.

On your own part, if anybody asks you how you are this morning, always say, "Fine and dandy, why shouldn't I be?"

TRY the invigorating effect of such greetings and thoughts on yourself and others.

ANALYZE YOUR TROUBLES.

Some years ago I used to think I didn't sleep well. I would get up in the morning with the certain conviction that I had lain awake at least half the night. The way in which I cured myself of the delusion was this:—In the morning when I first waked up I would try to remember exactly how many times I had heard the clock strike during the night. Supposing that I did hear it strike two, half past, and three and then went back to sleep? I had only been awake an hour, or a little over, at the most. By reducing a fancied trouble to hard facts and figures I found out that there was really very little the matter with the amount of sleep I was getting.

If the same careful and cold fact analysis is carried out in all cases, the majority of our ills will be found to be largely of a mythical or imaginary basis. Analyze your troubles so that you are facing facts, not fancies.

When going through a dense woods at dusk it is the things we think we see, not those we do see that frighten us. And so with life. It is the troubles we

think we have or may have, not those we actually have, that cause us worry.

Someone has said, "The greatest intellectual gift is the ability to forget." *It is also one of the greatest blessings that we can and do forget.* Stop thinking and talking of the worries of the past. That is water which has gone over the dam.

Epicurus said, "In my sickness my conversation was not about my bodily suffering, nor did I talk on such subject to those who visited me." "Do thou likewise. A merry heart doeth good like a medicine, but a broken spirit drieth the bone."

BE REGULAR IN YOUR HABITS OF LIFE.

Elimination of the poisons which are constantly being generated in the body during the ordinary process of living is the most important part of our daily life. We can go without food for six or eight weeks and still live. We can go without water for several days with no serious consequences.

If the lungs stop eliminating the poisonous CO_2 (Carbon dioxide gas) which is constantly generated in the body,

death will ensue in from three to five minutes. If the skin be entirely covered with paint or gilding or gold leaf, as has been done in some instances, death will ensue in a comparatively few hours. If the kidneys stop functioning the uremic poisoning in the blood will bring on a state of coma in a few hours which will grow worse and worse resulting in death in a very few days. If the bowels are stopped, elimination through the main "sewer of the body" is stopped. Absorption of the poisons which should be carried out will result in death in a short time.

The bowels must move daily—twice at least, three times is better.

THE DIGESTIVE APPARATUS.

The upper part of the alimentary tract is a digestive apparatus and the lower part constitutes the main sewer for the removal of poisonous material from the body. It is therefore imperative that they be cleared and be kept clear.

Constipation is lost function of the bowel and this causes a chain of symptoms due to the general toxic condition of the flesh and blood which is caused by

retained poison or the reabsorption of poison from the contents of sluggish bowels.

Constipation will never be overcome until the blood has been made clean so that the brain is nourished by pure, alkaline, wholesome blood and is capable of sending out a nervous impulse which will raise all the organs of the body to their highest efficiency. A brain nourished with poisoned blood works with only a relatively small amount of its potential energy. Most people are only 35% to 50% efficient. This means that all the organs of the body are working with only 35% to 50% of their efficiency and full action will not be restored to the bowels until all the bodily organs have been raised to a normal, healthful degree of nervous and muscular tone. Why not really live and be possessed of full mental and physical efficiency?

ELIMINATION OF TOXIC AND ACID POISONS.

The quickest way to eliminate the toxic and acid poisons in the flesh and blood is to stop eating altogether. The intake of food being stopped the continual manu-

facture of poisons from fermenting and putrefying food ceases and rapid elimination commences. Drink a glass of water frequently, as often as every hour, when abstaining from food. Take enemmas as already described night and morning, or every four hours if the results obtained are sufficiently large to warrant it.

Many who are badly enervated will never have normal function restored until the old impactions and concretions in the bowel have been removed and full nervous and muscular tone restored by cleaning the body of its self generated poisons.

A mild laxative which will move on the contents of the small intestine will be found very beneficial. It is impossible for persons already in a poisoned state to eliminate these poisons as rapidly as should be done. All saline salts act principally on the large intestine, so it is better to take one to three tablespoonfuls of castor oil, as much as may be required, or one-eighth to one-half grain of podophyllin night and morning, whatever the amount required

to move the bowels three to five times a day during this period of elimination.

Castor oil can be taken without trouble if the attitude of mind is right. Make up your mind that it is easy to take castor oil, tip your head back and directly from the bottle, or from a tablespoon, pour the oil well into the back of the throat. It can then be swallowed without being tasted at all. Do not let the oil touch the lips and no unpleasant sensation will be experienced.

A second way is to put the castor oil, one to four tablespoonfuls, into a third of a glass of orange juice. A teaspoonful or two of lemon juice and water may be used instead of the orange juice. Stir in a quarter of a teaspoonful, or a little less, of sodium bicarbonate, and drink while it is effervescing.

Podophyllin is the resin of the mandrake or may-apple. It is a vegetable product and acts as a stimulant to the liver, increasing the flow of bile. The bile in itself carries off much excretory matter and being antiseptic it cleanses the bowel while pushing on catarrhal dis-

charges and old concretions which may be adhering to the walls of the bowels.

DRUGS DO NOT CURE.

There is nothing curative in either of the above remedies.

All that they accomplish is to flush the sewer, thereby removing poison because of which you would otherwise suffer from reabsorption into the blood. Once the bowels are cleared the blood travels back and forth discharging into the stomach and bowels the toxic and acid poison with which it is charged. Since enough blood goes through the heart about every two minutes to equal the weight of the body, one can see how rapidly elimination is carried on.

Often the elimination takes place so rapidly, and so much highly poisonous material is poured into the alimentary tract, that some of it is reabsorbed before it can be passed on out of the bowel in any case. Nausea, vomiting, and depression are the natural results. In just such cases the laxatives and enemas greatly relieve by quickly ridding the body of the poison.

When the poisons are finally elimi-

nated, actual repair of the body begins. Fibroid tumors melt away, diabetes disappears, Bright's disease vanishes, malignant growths pine away, asthma of years' standing, with drug habits included, are corrected and many so-called incurable diseases become curable with nature's help.

Be of good cheer. Carry out the instructions carefully, work hard and you will be rewarded with more good health than you would believe to be possible.

WHY YOU MAY FEEL WEAK.

There is no difference, except in degree, between a person poisoned with food, cocaine, morphine, whisky, or tobacco. The sudden withdrawal of the food poison may make the person feel ill for the first week or perhaps ten days. This ill feeling soon passes off, however, especially where the bowels are kept free and open by the use of the laxatives suggested and the frequent use of enemas.

Give up your bad habits, learn how to live, stop overstimulation, and you will soon be on the road to recovery of full health.

All illness is brought about by acidosis and toxicosis—the results of willful or vicious violation of nature's laws. Worry, overwork, eating too much, and the eating of wrong combinations of food, drugs, overstimulation by drinking, tobacco, tea, coffee and all excesses play their part.

NO "ROYAL ROAD" TO HEALTH.

The student of health should get it clearly in mind that there is no royal road. Discomfort on the return journey to health is unavoidable. But if you will make up your mind to endure the annoyance your persistent effort will be rewarded by health restored.

"Ignorance of the law is no excuse."

This is immutably so with nature's laws. Whether your transgressions be through ignorance or not, you will still have to pay the price in labor, discomfort and perseverance to EARN good health. Nature, however, is so kindly and forgiving that earnest effort to atone for past delinquencies will be quickly and richly rewarded.

SALIENT POINTS TO REMEMBER.

CHAPTER V.

1. Do not eat starches and proteins together.

2. Do not eat two decidedly starch foods at the same meal or two decidedly protein foods at the same meal.

3. Eat starch once a day and protein once a day. This is for the average worker in office or factory.

4. Thoroughly masticate your food as directed. Remember that digestion and assimilation is a liquefying process first of all. Chew all food until it is thoroughly liquefied.

5. Do not eat when mentally disturbed, worried or feeling bad.

6. Do not eat when tired. Lie down and relax for ten to twenty minutes before and after eating if possible.

7. Take two glasses of water immediately before and one glass immediately after each meal. Do not drink again for

from four to four and a half hours after eating.

8. Never eat between meals.

9. In hot weather meat should be eaten not oftener than three or four times a week.

10. Replace the use of meat with nuts. They contain the same protein as that in meat and are even more wholesome as a food.

11. "Let not your angry passions rise." If you lose your temper or experience any great emotion you generate acid and cause enervation.

12. If you worry, fret, are jealous, or overwork your emotions in anyway you cause enervation and acidosis.

13. If you wish to make rapid progress do not break any of the rules.

14. If you break rules do not complain if your improvement is slow.

15. Do not blame others for the misfortunes you bring on yourself.

16. Remember, that the most perfect diet, the food or foods that are most suitable for your case, will positively fail to bring complete return to health if these instructions are violated in any particular.

SANE SEX CONDUCT AND NEURASTHENIA.

CHAPTER VI.

Wrong sex conduct is responsible for a good deal of weakness and neurasthenia. It is due in great measure to the preachings of moral reformers that this is the case. Fear and worry lessen the alkalinity of the blood and cause nervous irritation which results in excessive stimulation of the sex function. Thus these moral pratings defeat their own object, and workers for so-called purity, while sincere enough, have created despondency in sufferers from sexual neurasthenia which left them in a still further weakened condition for overcoming their complaint.

Sexual excess may be recognized as a disease just as much as asthma or cancer. It is caused in the same way, *i. e.*, by wrong methods of living.

Ignorance of natural sex laws is just as prevalent as ignorance of the laws of diet.

It is absolutely a vile practice to frighten youths over the habit of masturbation. While admittedly it has evil results if over indulged, it does not warrant the scaring sensationalism that doctors and moral reformers have applied to it. Every youth, at some period, is bound to suffer from it. If, he, or she, is scared and frightened, the habit will fasten itself and become chronic. If the laws of correct sex living are taught and understood, recovery is a simple matter, if the other Health School rules are followed.

This also applies to sexual neurasthenia and excess in the married condition. Don't be worried into thinking anything is wrong with you because you have strong sex feelings. There is nothing indecent about the sex function. Its correct indulgence is absolutely essential to health. As regards sound principles and frank discussion I know no better book on this subject than Bernard Bernard's "Sex Conduct in

Marriage''.* I strongly advise all members of the Health School in need of reliable information to read this book.

While there are wrong habits of eating and living, sexual excess is bound to bring with it, or leave behind it, various drains and neurasthenia. These can only be overcome when the body itself is put into good working order. While the blood is in an irritating, acid condition, and full of poisons absorbed from the alimentary canal there can be no sexual health. The whole nervous system is fed on poison, and the slightest sexual aggravation is sufficient to cause an involuntary drain. These excesses must, of course, be overcome before general normal health can be restored. But there is no curing them by the orthodox administration of bromine or any other drug, or by mere moral endeavours. In fact, the moral endeavours usually entail a good deal of worrying about the complaint, which only serves further to deplete an already low

**"Sex Conduct in Marriage", by Bernard Bernard, Phys. B., M. P. C. (Lond.), \$1.75 post-paid, Health & Life Publishing Co., 380 West Monroe Street, Chicago.*

nervous vitality, by definitely influencing the chemistry of the blood.

Women, especially, are apt to be in a nervous and irritated condition through their abnormal sex conduct. The fault is not theirs because they have been taught to believe there is something vile about their possession of sex feelings and a free expression of them. Again, very few men know the physiology of a woman's sex function, and, in spite of regular indulgence which satisfies the husband, the wife is often left to toss about in an irritated condition for the rest of the night. It is necessary to both so to behave that they receive the full benefit of the act. The husband must know that it is his part of the function to woo his wife into such a condition that response is easy for her. She, on her part, will do her best to reciprocate, and every endeavour must be made for both to receive the orgasm at the same time. The wife will mostly be found to be less readily worked up, and, should the husband have his orgasm before hers, he should continue the act until she is relieved.

Some forms of sexual neurasthenia are aggravated by unwanted continual sex thoughts. Thoughts, as we all know, are nearly always followed by some sort of physiological action in the organ thought about. The cause of these obsessions is also almost entirely due to poisoning of the blood stream by acidosis and toxicosis. The whole system needs to be cleaned out. Articles of food which set up an acid and toxic condition must be eradicated from the diet. The organs of elimination must be set in action, and kept normal. Then, and then only, will the unwanted thought recurrence be easily inhibited, and ability developed to possess a clean mind in a clean body.

The treatment of diseases, or their prevention, by antitoxins, serums and vaccines is still very largely in the experimental stage, with grave doubts as to the value of the vast majority.

Unfortunately much of our literature on these subjects, including statistics, is furnished by the manufacturers who are interested, above all things, in the financial aspects of their production. One of the most prominent general practitioners in Ohio called my attention some months ago to the fact that even diphtheria anti-toxin acquired its reputation when the doses used were so small as would now be regarded as entirely inadequate, and those doses given at a stage of the disease in which their administration is now looked upon as practically useless.

From address by

J. F. Baldwin, M. D.

President of Ohio State Medical Association.

QUESTIONS AND ANSWERS.

CHAPTER VII.

Does the absence of bread from the menus mean that one should not eat bread?

The absence of bread in the menus does not mean that you should not eat bread, but if you eat bread it should be made from the whole grain, such as whole rye, whole wheat, or whole corn.

The best way to eat bread, however, is to cut it in slices, put it into the oven, and bake it a second time, making what the Germans call zweibach, or twice baked. It should be baked until it is a yellowish color all the way thru so that it is thoroughly toasted. This kills all the yeast germs and all the other kinds of germs, which is an important thing to do. In testing bread from twenty-six English bakeries they found all kinds of disease germs, including such germs as staphylococci and streptococci. The bak-

ing of the bread the second time starts the first stage of digestion, namely, changing the starch into dextrin, so that it is not only more palatable when chewed up with butter, but it is much more easily digested, and so lessens the possibility of acid fermentation.

What do you mean by starch?

When I say starch I mean any starch, and I want to get you acquainted with those which are wholesome. Shredded wheat biscuits, or triscuit, both made by the Shredded Wheat Biscuit Company, are from the whole grain. Then if you eat whole rye, and you will if you eat rye krisp, which you can buy at practically any grocery store, you get another wholesome grain. If you cannot get it ask your grocer to send for it. Or send to Berhalter's, 1423 N. Clark St., Chicago, or The Healtheries, 2931 N. Clark St., Chicago, and get them by parcel post. The advantage of eating shredded wheat, triscuit, and rye krisp is that there is neither baking powder, soda, nor yeast used in making them. So that this in itself much lessens the possibility of fermentation.

Is cornbread good?

Cornbread made from whole cornmeal is good. All kinds of whole grain flour can be made if you get a small hand mill, which many concerns have for sale.

Are canned fruits good?

Canned fruits are not particularly good because they contain so much sugar or glucose. If people would only use honey instead of cane sugar it would be better. Where you have a supply of fruit on hand and want to eat it up, the best place, that is, the least harmful time to eat it, is with the proteins, the protein meal. I should advise against them with the starches.

When should one use sugar?

Sugar is bad at any time because it is a virulent ferment. If there is any fermentation whatever in the stomach or bowels this will be greatly increased by taking sugar. You know, when the boys put raisins to soak, when they want to get an additional kick they put in sugar. When your little stomach has fermentation in it you will get an additional fermentative kick by putting in

sugar. Added to that, the acid produced by sugar drains from the body all the earthy salts, so that it is a very bad thing to use. Use honey instead.

Will the Health School treatment overcome car sickness?

It is quite likely that the cleansing of your body of acid and toxic poisoning will remedy your car sickness. It is a well known fact that many people who have been seasick will, if they clean the bowels thoroughly for two or three days before taking a sail, and then eat very, very lightly during the trip, have no seasickness whatever. You can have candy once in awhile just as one might take a drink of whisky once in a while. If you don't want whisky why candy isn't much better, because candy is what you use in your own private distillery by dodging the internal revenue laws and making your own whisky.

What about peanuts?

Peanuts are a very rich food and can be used as a protein. All nuts can be used as protein with the exception of chestnuts, which are practically all

starch. On the other hand, the pignolia nut, a little oblong nut, has little starch and is nearly all protein and fat. Nuts are one of the cleanest, finest proteins you can eat, and after awhile when you have been cleaned up, the eating of a protein meal, of nuts with sweet fruit, two or three times a week, will be one of the finest meals you can eat and one of the best blood makers.

Is it all right to eat butter?

Butter is all right to eat in proper quantity. Do not eat too much of it, but we need some fat and in butter we find one of the most easily digestible fats of all.

Do you advise eating bananas?

Bananas raw are a raw starch, and raw starches may cause serious indigestion and fermentation, in many cases. The raw starch has to be attacked by the ptyalin of the saliva and being raw it is not as easily digested as when the molecules are broken up by cooking, so fermentation is almost certain to take place. The bananas we get are not fit to eat raw, because they are all picked green

when they are in the starchy state. We get in this country no good eating bananas because the lady-finger bananas, as they are called, are all eaten by the people where the bananas grow. They are so delicate that they cannot be shipped. To bake a banana just put it into the oven and bake it as you would any other food.

When you are invited out by people who are trying to kill themselves by living in the conventional way, just select such foods as you can and get along the best way possible. If they have a salad about as big as a thimbleful, tell them to give you another salad. And if they have many different kinds of bread, ask them to fill up your dishes with non-starchy vegetables two or three times. In that way you can get non-starchy vegetables and more salad. Then tell them to fill your meat platter a second time. In that way you will get enough protein and increase your non-starchy vegetables and salad to an adequate amount.

Pay no attention to what other people eat. The fact that you are learning how

to live shows that you have more brains than the ordinary person who refuses to be guided along the way to good health.

May one eat pancakes?

Pancakes of course are not the best way to eat starch, but would be permissible sometimes if carefully made and thoroughly cooked. The best way to get around a bad meal is to skip the next one or two and forget all about it. Then if you get too loaded with poison stop all the intake and clear out the sewer from one end to the other.

May ice cream be eaten between meals.

It is not well to eat ice cream or anything else between meals. When you do it, why take the consequences—skip the next meal. These things can be done occasionally and you will get away with it, but if you make a practice of such indulgences you will surely go on the rocks in time.

Is a meal of onions, radishes and bread and butter all right?

If the bread is a whole grain bread there couldn't be a very much better

meal eaten. The fresh vegetables would constitute a salad, and carry into the body the earthy salts so much needed to correct acidity. The whole grain of the bread would also provide earthy salts and the carbohydrates which are necessary to furnish fuel for the human machine.

Is sauerkraut good to eat?

Sauerkraut has gone thru a period of fermentation and contains a considerable amount of acid, but it is permissible to eat it with a protein meal.

Are fried potatoes bad to eat? I enjoy them very very much and like to eat raw fried potatoes.

If you peel your potato before cooking, you throw away the part of the potato which is most valuable to the body. The earthy salts, especially the potassium of the potato, are just under the skin and when you peel the skin off and throw it away you make the potato as potentially acid as white flour, and therefore totally unfit to eat. There are only two ways to cook potatoes and have them absolutely right, and that is to rub a mystic mitt,

or something like that, over the skin thoroughly, to get off the roughness and dirt. Then bake it and eat the skin and all. The other way is to steam the potato above water in an ordinary household steamer. Be careful that the skin is not broken before you steam the potatoes because then the water will get in and dissolve out the earthy salts. After the potato is steamed, peel off the thin skin, and you have the whole potato with the earthy salts.

If you would take a whole potato, rub it thoroughly with a mystic mitt, or something of that sort, until you have taken off the rough skin, then cut it up and fry it in the old fashioned way of raw fry, with some butter or a little grease, covered by the cover in the usual way, you would get a potato that contained all the earthy salts, and would not be so very indigestible although less digestible than when steamed or baked.

What may one eat for Thanksgiving or Christmas on this diet?

For Christmas day you may have a glass of orange juice for breakfast. For your Christmas dinner, you may have, to

start with, any kind of soup, olives, celery, and, of course, a large salad of a half a head to a head of lettuce, on which you may grate a little carrot, or beet, or turnip, add some celery, and spinach, or any other fresh, raw, green vegetable. Then of course you may have some turkey and some cranberry sauce. Do not stuff the turkey with the common old soggy bread crumbs, made of white flour bread, as our grandmothers used to do, after the roller milling process came into vogue, but stuff it with prunes, figs, celery, some grated carrot and any sort of raw, fresh vegetables you have to make up a tasty dressing, half vegetables and half fruit. If you do this you will have a most delicious dressing to eat with your turkey and it will be wholesome and palatable, as well as a proper combination to eat with the protein meal. Then, of course, you may have any kind of non-starchy vegetables; any one or two of those listed in the Instructions, and whatever amount you want, to take the place of bread and butter and potato.

You will find if you eat more non-starchy vegetables at such a meal you

will never miss the potatoes and you will never miss the bread. There will of course be some dessert and if you want to have a real little old food drunk, why, eat some mince pie, or some ice cream, or any other dessert that our mothers make on such gala occasions.

At night if you want to make a real day of it, why take a cold turkey drumstick, and anything else left over that the rest of the family eats. Just show them that you can be as big a sport as they are, only the result will be that you will stand it better than the rest of the family because your body will be very much cleaner by that time than any of the rest of them. One or two meals like that will do you no serious harm. But the toxic, acid condition of the rest of the family may make it necessary to send for the doctor for some of them.

What about pineapple?

Pineapple is a good fruit to eat. It is like any other fresh, sour fruit, and can be eaten with a protein meal.

Should food prepared with vinegar be eaten?

No, vinegar is acetic acid. I have been in an acetic acid manufacturing plant where barrel after barrel of acetic acid was shipped out to pickle manufacturers and all sorts of spice manufacturers. Acetic acid is a preservative, that is why pickles keep in it. Pickled foods keep in your stomach just the same after you have eaten them, and this helps delay other food in your stomach till it all starts to ferment or putrefy because the little germs—the bacteria that are always our friends, guarding our lives as long as they can—attack it and fermentation starts. Putrefaction starts in order to liquefy the protein mass that it may be carried out of the body before it kills us.

Use lemon juice in every place that you would use vinegar ordinarily. Lemon juice contains citric acid which is a cholagogue, that is, it increases the flow of bile and so aids digestion.

Is fruit gelatin (putting different fruits in gelatin) permissible?

Yes, fruit gelatin is all right with protein meals because it is acid and, there-

fore, does not inhibit the digestion of the protein. Gelatin will not in itself sustain life, although it is a protein, but it does possess the property of preventing the loss of the protein from the body, so that it is good in the sense that while not supporting life it prevents the waste of protein.

Are canned tomatoes permissible to use with a salad?

Canned tomatoes are better used as a cooked non-starchy vegetable. Of course if there are plenty of other green, fresh vegetables and a little tomato flavor is desired use some canned tomatoes. As they are quite acid, being classed as both fruit and vegetable, they should be used with protein. Tomatoes have been found to be the least affected by heat of all vegetables. Many vegetables, it is claimed, lose a great deal of their vitamins by the heating process. It has been found, however, that tomatoes are at least 80% as wholesome after having been canned as they are raw. They are, therefore, the least affected of all vegetables. For this reason they can be used

on a salad where tomatoes are used. Do not forget, however, that tomatoes are so acid that when we are struggling to correct acidosis there will come a time when it will not be permissible to eat tomatoes until the body has been completely restored to its normal alkalinity.

Is cooked spinach all right?

Yes, spinach raw or cooked is all right. Of course it is better raw than cooked because any vegetable raw contains the organic salts in the raw state as nature made them, for almost direct absorption into the blood. When you cook spinach it still contains the earthy salts, but some claim they are so greatly altered by the heating process that the body absorbs them only in smaller quantities. I do not believe this to be true. For thirty years I have given calcium phosphate, an inorganic salt, to nursing mothers and always stopped their toothaches, because toothache in a nursing or pregnant woman is caused by the draining from their bodies of all the calcium salts. I have had a pregnant woman come in with the toothache and have relieved that toothache in less than 24

hours by giving her calcium phosphate with absolutely nothing else. This proves, beyond question, that the body is capable of taking up inorganic salts when it needs them, so any change in the salts of spinach, affected by cooking—and spinach is very rich in different mineral salts, especially iron—I consider is of little importance.

How should spinach or greens be prepared?

In preparing greens of any sort, like spinach or beet tops or dandelions, it would be advisable to use as little water as possible and not throw the juice away. In cooking vegetables you dissolve out of the tissues, or cellulose of the vegetables, the earthy salts which are so necessary to the body, and if you throw that water away you throw away that which is of supreme importance to the body. In throwing away the water in which vegetables are cooked, restaurants, hotels and homes, discard that very portion of the cooked vegetables which counteracts the acidosis of the body.

How about tapioca pudding?

Tapioca is a refined starch, starch denuded of all earthy salts. It is therefore, no better to eat than white flour, or polished rice, or degerminated cornmeal. It tastes good, of course. So does candy. Some men think whisky tastes all right. Other men think cigars are fine.

Is it well to eat a little fat with the meat when you eat meat?

I do not like lean meat alone without some fat, and to those who have the digestion to stand it fat meat, in moderation, is all right. It is a carbohydrate and produces the steam for the body. It also puts on fat, for those who have a good enough assimilation to make it "stick to the ribs" in large quantities.

Does one catch cold when in good condition?

Never. A cold is caused by irritation of the mucous membrane from the acid condition of the blood. No one can take cold unless the blood is in an acid condition. In a letter written November 6th by Miss Margaret Woodrow Wilson she

says: "The miracle seems all the more a miracle (meaning her recovery thru Health School treatment) to me now that the cold weather has come and with it no sore throats or colds while everybody else is having them." So if you get a cold you know you are out of condition. You know that you are in an acid-toxic condition. That your blood is so full of acid, toxic poisoning that it is trying to eliminate it through the mucous membrane, and your mucous membrane becomes congested and pours out a mucus which furnishes a very fine place for a family gathering of any kind of germs that want to start housekeeping.

HOW TO EAT FOR HEALTH.

CHAPTER VIII.

Under this title, "How to Eat for Health", the Health School has a pocket folder.

This contains the boiled down facts and teachings relating to diet which are taught throughout this book. The folder itself is so made as to be practically "fool proof" in as much as it is impossible to get a mixture of starch and protein when it is used. The protein page folds over and covers the starch page when one is choosing something from the protein list.

This is reprinted here as a ready reference for any who wish to use it.

The folder itself fits the pocket comfortably, as it is not bulky, and for those eating the noonday meal at a restaurant it will prove a serviceable and invaluable guide.

THE HEALTH SCHOOL TRUISMS

BE CHEERFUL!

Eat regularly.
Eat slowly. Chew your food.
Eat three times a day. Never more!
Some find two meals preferable.
Eat starch once a day.
Eat protein once a day.
Eat but one starch or one protien at a meal.
Do not eat unless hungry!
Do not eat starch and protein at same meal.
Do not eat fresh fruit or tomatoes with a starch meal.

DO NOT OVEREAT!

Do not eat if you have a fever.
Do not eat if your have a cold.
Do not eat if you feel any distress from one meal to the next.
See that your breath is sweet.
See that your tongue is uncoated.
See that your bowels move freely at least once, better twice, a day.

EXERCISE

A regular, systematic amount of exercise should be taken each day. Rushing to some gymnasium at noon or night, exercising violently two or three times a week, and while still fatigued, loading the stomach with food will produce only dire results.

In the exercise folder, companion to this, exercises are given in illustrated form which will give every muscle in the body a thorough, gentle use. Elimination of toxic poisons will be carried on thoroughly and nervous muscular control built up. Such a system of exercises if purchased from one of the widely advertised "strong men" or physical development "experts" would cost \$20 or \$30. This folder costs but 25 cents.

WHY SHOULD BUT ONE STARCH BE EATEN AT A MEAL? Various foods digest in different periods of time. Thus rice digests in one and one-half hours approximately, while wheat takes two and one-half hours. When the two are mixed, the rice is all digested while the wheat requires an hour longer. Fermentation is liable to result. A second potent argument against so doing is that when we have eaten enough of one food and turn to another we **OVEREAT!**

WHY NOT EAT FRESH FRUIT WITH STARCH? Starch digests in the alkaline medium of the saliva. When starch alone is eaten the acid of the gastric juice is not secreted in appreciable quantities. When fresh fruit is eaten the acid neutralizes the alkaline saliva, digestion is inhibited, and fermentation results.

"CHOOSE ONE OF THESE"

SALADS

Under the heading "Salads" are listed those dishes composed of **FRESH, RAW** vegetables. Lettuce, spinach, or celery-cabbage form a delicious base for other vegetables. A quantity of one **SHOULD BE**, and all three may be used with the others listed as the body of the salad.

GROUP 1. TO BE EATEN WITH STARCH MEALS OR PROTEIN MEALS.

Celery, raisins, cabbage. Chop fine and dress with either sweet or sour cream, well beaten.

Celery, dates, figs. Chop fine, garnish with chopped carrots. Dress with cream or oil and salt.

Dice a quantity of carrots, parsnips and / or turnips. Garnish with parsley and dress with salt and oil.

Slice a Spanish onion and a cucumber. Cover with grated carrots. Dress with salt and oil.

Shredded cabbage, mixed with chopped carrots, celery, and / or turnips, beets, parsnips.

Diced carrots, raw prunes cut fine, dress with sweet or sour cream, if desired, well beaten.

GROUP 2, EAT WITH PROTEIN MEALS ONLY.

When an acid condition is prevalent (shown by white coating on tongue) forego salads in Group 2.

Dates, oranges, apples. Cut oranges fine, chop others. Dress with mayonnaise made as recipe below.

Tomatoes, cucumbers and celery. Slice tomatoes and cucumbers, chop celery. Dress with Mayonnaise or French dressing.

Pears, grapes, and / or grape fruit, oranges, celery if desired. Dress with mayonnaise, or salt and oil.

Cut some grape fruit fine, add a quantity of raisins to taste. Let raisins soak in fruit juice for some time, or over night. Serve with lettuce as above.

Chop together equal parts of apple and pineapple. Dress with one-third whipped cream and two-thirds mayonnaise, mixed. Serve in hollowed out apples with cream on top.

MAYONNAISE DRESSING

A delicious dressing can be made in two minutes as follows: Break a whole egg in a pint bowl. Sprinkle one tablespoonful of lemon juice over the egg. Add three tablespoonsful of Wesson oil. Beat for thirty seconds with Dover egg-beater. Continue to beat rapidly and add oil as fast as you would stir milk into a cake dough. Salt to taste. More oil makes it thicker—about a cup of oil is the ordinary amount.

"CHOOSE TWO OF THESE"

NON-STARCHY VEGETABLES

Under this heading we list those vegetables not decidedly starchy and which are cooked when eaten. Many of these listed here, of course, may be used as salad when eaten raw. And many do contain some starch, as peas 17% and green corn 19.9% starch. But these are two that contain much more than spinach, for instance, with only 3.3% starch or celery with 2.5%.

Eat 1 helping of any 2 of these at a meal.

Asparagus	Egg-plant	Cabbage
Cucumbers	Green peas	Carrots
Butabagos	Green corn	Celery
Cauliflower	Tomatoes	Endive
String beans	Kohlrabi	Garlic
Oyster Plant	Parsnips	Lotus
Summer squash	Radishes	Okra
Brussels sprouts	Lettuce	Beets
Dandelion greens	Turnips	Salsify
Green Lima beans	Spinach	Onions

Watermelon and cantaloupe may be classed as non-starchy vegetables, but should always be eaten alone as a light meal because of their tendency to fermentation.

Cooked vegetables should be dressed with butter and salt or pure cream or milk. **NEVER THICKEN THE CREAM DRESSING WITH CORNSTARCH OR FLOUR.**

HOW TO COOK VEGETABLES

The ordinary method is to use lots of water and then throw the "water" away. If you will taste carrot "water" for instance, you will oftentimes find it more tasty than the carrots eaten.

Use a small amount of water, only sufficient to keep from burning. Never throw this water away. Use it with the vegetables. Wash the vegetables thoroughly before cooking to avoid the necessity of throwing this life giving and health preserving liquid away. It contains the mineral salts which have been cooked out of the vegetables, but which your system needs.

BREAKFASTS

Summer:—Fresh, or sweet dried fruits¹ (raisins, dates, prunes, unsulphured figs) or some fresh fruit and some sweet dried fruit, and a glass of milk.

Winter:—Starch, a medium amount (whole grain wholesome cereal) with butter and salt. Never dress starch with milk or cream and sugar². Some sweet fruit. A glass of milk may be eaten afterwards.

¹— $\frac{1}{2}$ cupful of any is adequate.

²—Sugar is a virulent ferment. When eaten with starch foods acid fermentation is sure to result. See paragraph top of page 112.

"AND ONE OF THESE FOR A STARCH MEAL."

STARCH FOODS

When eating any starch food from the list:

1st. Do not eat a salad from Group 2.

2nd. Do not eat with any protein food from list on page 5 which folds over and covers this when you choose something from it.

REMEMBER, Starch foods digest in the ptyalin of the saliva. All starches, therefore, should be eaten dry so that insalivation will be more thorough. Never eat starches in soups, milk or other liquid. Moistening the starch tends to cause it to be swallowed without being mixed with saliva. Digestion is inhibited and fermentation results.

Eat only **ONE** at a meal **ONCE** a day

Irish potatoes	Pumpkins
Sweet potatoes	Bananas
Navy beans	Chestnuts
Dry lima beans	Hubbard squash
Dry peas	Rice

Bread and Butter.

All foods made from grains (bread, muffins, biscuit, Johnny cake, pancakes, etc.), oatmeal and similar cereals, rye flour, barley flour and products of these.

White flour, degerminated, demineralized, corn meal, polished rice and prepared cereals where the germ and salts are extracted should never be eaten. Ordinary bolted rye flour is the same as white flour. So-called bran bread is a make-shift. Graham flour is an excuse to put in anything the miller has on hand.

Eat whole wheat, rye, corn and barley flour, unpolished natural brown rice and whole oatmeal. Your nervous system will be properly nourished with potassium and phosphorous salts and poise and nervous tone will be yours.

The majority of prepared, refined breakfast foods are unfit for human or animal consumption.

These listed are some we know to be wholesome: Shredded wheat, Rye Krisp, Triscuit, H-O oatmeal, Puffed wheat (not puffed rice), Force.

At Berhelters and the Healtheries, Chicago firms, whole grain foods may be purchased at reasonable prices.

QUESTIONS AND ANSWERS

WHAT DO YOU THINK OF WATER DRINKING?

Drink lots of water by all means. A good rule to follow is to drink two glasses just before a meal and one glass afterwards. Do not wash your food down with water during the meal. It is a good plan to drink one or two glasses upon arising in the morning.

HOW OFTEN SHOULD ONE EAT MEAT?

In cool weather meat or a corresponding protein may be eaten once a day. In warm weather meat should not be eaten more often than three times a week. Substitute nuts three or four times a week.

OF WHAT VALUE IS STARCH? OF WHAT VALUE IS PROTEIN?

Starch is to the human body what gasoline is to your automobile. It provides the energy or fuel. Protein is the repair element, and builds up worn out muscular tissue.

THEN DO HEAVY MANUAL WORKERS NEED MORE STARCH FOODS?

Yes, a man doing very heavy manual work may need starch twice a day one day and because of the wear and tear on the muscles protein twice a day the next. The amounts specified elsewhere in this folder are for the average worker in office or factory.

ARE ORANGES GOOD FOR ONE IN WINTER?

Yes, sometimes. They are, however, cooling in effect and a thin person had best forego them in winter. Eat the sweet dried fruits (raisins, dates, prunes and unsulphured figs) instead.

DO YOU BELIEVE IN EATING PEANUTS?

Yes, if one has a good, healthy, strong digestion. But they are about equally starch and protein in high percentage (about 26% and 28% respectively, 42% fat) and consequently hard to digest.

ARE BANANAS A GOOD FOOD?

Those we get here are picked green. The starch has not been ripened into sugar. Un-ripened starch of this kind is bad. Bananas, therefore, should be cooked before eating.

IS FRUIT JELLO ALL RIGHT?

Yes, jello is a refined protein food and objectionable for that reason. But, when eaten with fruit and vegetables this deficiency is partially overcome. Eat it as part of a protein meal.

"OR ONE OF THESE FOR A PROTEIN MEAL."

PROTEIN FOODS

DO NOT EAT ANY FOOD FROM THE STARCH LIST ON PAGE 3 WHEN SELECTING ONE FROM THIS LIST.

Eat ONLY ONE at ONE MEAL a Day.

Meats—all kinds:

Beef

Pork

Lamb

Mutton

Veal

All fowl:

Chicken

Duck

Turkey

Goose

Sea foods—all kinds:

Fish

Oysters

Lobsters

Crabs

Muscles

Guinea hen

Game—all kinds

Milk

Cheese

Eggs

Nuts—any kind (ex. chestnuts)

Salads containing shrimp, egg, lobster, salmon or crabmeat or cold meats such as pork, lamb, beef or veal, are a protein food and should be considered the meat part of the meal.

Milk is the only exception to the rule of no protein with starch. It may be eaten with starch.

A delicious hash to use up a small amount of left-over meat may be made by mixing it with prunes cut fine, and some chopped celery added.

DESSERTS FOR STARCH MEALS

Any of the sweet dried fruits (raisins, dates, prunes, unsulphured figs).

Pumpkin or squash pie.

Whole grain cake.

Bread pudding.

DESSERTS FOR PROTEIN MEALS

Fresh or cooked fruits of any kind, stewed rhubarb.

Gelatin, jellies, marmalades and preserves with protein meals (if at all).

Apple, peach, pear, cranberry, rhubarb, cherry, apricot, gooseberry or other berry pie.

Desserts of any kind are an indulgence and should only be eaten by those in absolute good health. The above suggestions are those which will be the least harmful.

REMEMBER THIS

A salad of fresh, green, raw vegetables with two cooked non-starchy vegetables and either one starch food, or one protein food makes a well balanced, digestible meal.

When starch is eaten one meal a day, and protein another, with a breakfast as suggested (see page 2), you will have an ample diet for any work excepting the hardest manual labor—ditch digging or its equivalent.

RECIPES.

CHAPTER IX.

SALADS.

Salads should always be composed chiefly of raw, green vegetables. For this purpose lettuce, spinach, endive, cabbage or celery-cabbage should form the base or body of the salad. In addition, one may use sliced tomatoes, sliced cucumbers, chopped celery, chopped or grated apple, sliced oranges, raisins, dates, figs, chopped prunes, or any other fruit or vegetable that suits the individual's taste.

When tomatoes or any of the fresh fruits are used in a salad, the salad should be eaten with a protein meal.

The salads given are divided into three groups. The first group comprises those salads which may be eaten with either a starch or protein meal, the second group should be eaten with protein meals

only. The third group comprises those salads which have a starch or protein content, and in themselves contain all the necessary elements for a meal. When one is very hungry, one or two non-starchy vegetables may be eaten as well.

SALADS THAT MAY BE EATEN WITH
EITHER A STARCH OR PROTEIN MEAL.

One.

Using half a head of Boston, head or Iceberg lettuce sprinkle over it some chopped celery and carrots. Garnish with some seedless raisins which have been soaked in cold water for several hours. Dress with oil and salt, or sweet or sour cream which has been well beaten.

Two.

Over a goodly portion of spinach or celery-cabbage put several slices of a Spanish onion and three or four slices of cucumber for one serving of salad. Cover the whole with grated carrots and dress with salt and oil.

Three.

For a very tasty salad take a good sized portion of fresh green crisp spin-

ach leaves and over this put some shredded cabbage. Cover the cabbage with some ground beets and carrots mixed, and dress with salt and oil.

Four.

Soak some black Mission figs for several hours. Then chop them up, with a few carrots, or turnips mixed with them. Sprinkle the whole over a generous portion of spinach or lettuce and dress with cream or oil if desired.

Five.

Chop together a quantity of celery and raisins. Sprinkle this over celery-cabbage or lettuce and dress with either sweet or sour cream well beaten, or salt and oil.

Six.

After removing the pits grind some raw prunes through the food chopper. Some carrots may also be run through the chopper at the same time or chopped in a bowl. Mix the prunes and carrots with some celery and use it as a covering for a large portion of lettuce or spinach as the base of the salad. Dress with salt and oil if desired.

Seven.

Celery cut fine and mixed with a handful of seedless raisins makes a tasty addition to a quantity of lettuce when dressed with a little oil and salt.

Dressings.

Mayonnaise dressing which contains lemon juice should not be used with salads that are to be eaten with a starch meal. The acid of the lemon juice as has already been explained, by neutralizing the alkaline content of the saliva, inhibits digestion.

TO BE EATEN WITH PROTEIN MEALS.

Note—when an acid condition prevails, as is shown by a white coating on the tongue, do not eat salads in this group.

MAYONNAISE DRESSING.

Mayonnaise dressing has long been the bugbear of the housewife. The old way of making it when it was necessary to drop the oil in a drop at a time, took fifteen minutes to half an hour and the results were always doubtful. For a delicious dressing that can be made in two minutes use the recipe that follows:

Break a whole egg in a pint bowl.

Sprinkle one tablespoonful of lemon juice over the egg. Add three tablespoonfuls of Wesson oil and beat for thirty seconds with a Dover egg-beater. Continue to beat rapidly and add oil as fast as you would stir milk into a cake dough. Salt to taste. About a cup of oil is the ordinary amount to use. More oil will make it thicker, less oil will make it thinner. If the oil is too cold, from being exposed to freezing temperature, the results will not be entirely satisfactory. This sometimes causes the dressing to separate.

One.

Over a good-sized portion of lettuce put some grapes cut up and with the seeds removed, and sliced oranges and chopped dates. This when covered with mayonnaise dressing mixed with a portion of cream makes a most delicious salad.

Two.

Mix equal portions of apple and pineapple, chop the two together and add a dressing of two-thirds mayonnaise and one-third whipped cream, mixed. This salad may be served in the hollowed out

apples, and with a dash of whipped cream on top makes a most tasty and attractive dish.

Three.

Chop some pears and grapes with a little celery if desired, and use to cover a portion of spinach or cabbage. This is very delicious when dressed with a French dressing, that is, oil and lemon juice mixed, or with the mayonnaise.

Four.

When grapefruit is cut up and mixed with a quantity of raisins and allowed to stand so that the raisins can soak in the grapefruit juice a delicious salad may be formed by sprinkling this mixture over a half of a large head of lettuce. Dressing may be used or not as suits the individual taste.

Five.

Slice some tomatoes and cucumbers and mix with a little chopped celery. This should be put over a quantity of spinach or lettuce and is to be dressed with oil and lemon juice or French dressing, as desired.

Six.

Sliced tomatoes and celery with lettuce, or chopped apple and celery with lettuce are two simple and easily obtainable combinations that make an excellent, tasty salad.

To Be Eaten With One or Two Non-starchy Vegetables as the Combined Salad and Protein Portions of the Meal.

SALMON SALAD.

Over a good-sized portion of lettuce or spinach put a serving of salmon. With this mix some celery and a bit of onion sliced or chopped, and dress with any salad dressing.

EGG AND BEET SALAD.

Over some lettuce or spinach, or both, slice a hard boiled egg. Garnish this with some ground up beets and a few seedless raisins. This makes an excellent dish combining both the salad and protein requirements. It may be dressed with lemon and oil or any good salad dressing.

AVACADO AND SHRIMP SALAD.

Over some lettuce or spinach, or both, cut a half of a large avacado. Add a portion of shrimp, one half of a small can to each serving, is sufficient, and some celery cut fine. Dress with salad dressing or lemon and salt. Serve with two non-starchy vegetables. This constitutes an entire meal. One half of a large avacado is sufficient for two persons.

CHICKEN SALAD.

To some cut up chicken, add a quantity of chopped figs and dates to suit the taste with a little cut-up orange if desired. Dress with any good salad dressing. Tastes vary, but ordinarily add an equal part of the chicken meat to an equal part of the sweet fruit and orange combined.

SALAD WITH NUTS.

Chop together some apples, celery, and any kind of nut meats—walnuts, almonds, Brazil nuts, or any other. Add to this some dates that have been cut into small pieces. Put this over a generous portion of lettuce, or spinach, or celery-cabbage, and dress with any good

dressing. The proportions should be about two parts apples to one part nuts and celery, with two parts dates. A generous portion of this is sufficient to form a nourishing meal.

HOW TO INSURE A SUPPLY OF SALAD VEGETABLES.

Some people who live far from cities or far from a railroad center, think they cannot have fresh salad daily during the winter season. My advice to those is that they see to it in the fall by laying in a supply of apples, onions, cabbage, parsnips, beets, turnips, and some celery, all of which can be kept through the winter months.

The care of these vegetables will largely depend upon the locality. In some places it would be necessary to bury them to keep them. Sometimes cabbage will keep indefinitely if stood upright in a good cellar with the roots left on. In some high, dry climates, any of the above mentioned vegetables will keep well in almost any kind of a cellar. Laid on the floor of the cellar and covered with dirt or sand which is kept moist, vegetables

will keep well and be as fresh as if taken from the garden.

I know a lone bachelor miner in the state of Utah who did not visit a city from fall until spring. He was fond of apples and cabbage and to insure his winter's supply he stored a sufficient quantity of each in a hole in the mountainside. When one isolated as this man is can provide proper food what can not the ordinary family do?

If lettuce is expensive use ground carrot, turnip, beet, or shredded cabbage. An ordinary sized dish of any of these heavier vegetables ground and seasoned with simply salt, or salt and lemon juice, or again with sweet or sour cream, if served with a protein meal, is equal to what seems like twice or three times as much lettuce or spinach.

VEGETABLE SOUP.

Delicious vegetable soup can be made by adding ground cooked vegetables to vegetable broth. Do not use any meat broth in the preparation of these soups as that makes them a protein dish.

SPINACH SOUP.

To one pint of vegetable broth add a

small can of ground spinach and one cup of milk. Season to taste with salt and butter.

PEA SOUP.

To one pint of vegetable broth add a can of ground peas and one cup of milk. Season to taste with salt and butter when serving.

These recipes may be varied to suit one's taste by using any vegetables preferred, such as carrots, asparagus, string beans, or green lima beans.

These vegetable soups may be used with either starch or protein meals so long as a vegetable stock and not a meat stock is used.

SPINACH PUDDING.

Take one large can of spinach, or an equal amount of cooked spinach. Drain off as much liquid as possible and save this for some other use, such as spinach soup. Chop or cut the spinach fine with a knife. Add the yolks of three eggs well beaten and a piece of butter the size of a small egg. Season with nutmeg if desired. Last fold in slowly the well-beaten whites of the three eggs. Steam for two hours or cook in the pressure

cooker twenty minutes. This can be sliced to serve. When served warm dress with butter. When cold it may be served with plain or whipped cream.

STEAMED APPLES.

Clean some good whole apples thoroughly and cut in half. Remove the core and on each half lay a date or two. Steam until apple is very tender. This may be used at a protein meal instead of one vegetable, or, if one wishes to indulge, it may be used as a dessert.

BREAD MAKING.

In all recipes all teaspoon, tablespoon and cup measures are level full, not heaping or rounded.

How to make Wholewheat Bread.—We give three different ways of making wholewheat bread in order to provide a kind that will please all tastes. The following general instructions apply to all bread recipes:

Bread Pans: In the experiments on which this formula is based the pans found to produce best results for the quantities of dough here given were of the following dimensions: Bottom meas-

urement, $3\frac{3}{4}$ inches wide, $7\frac{3}{4}$ inches long, depth $3\frac{3}{4}$ inches. The sides of the pan were sloping, or flaring, making the pan one inch longer and one inch wider at the top than at the bottom. It is not necessary to have your pans exactly these dimensions, but the size and shape of the pan will make an important difference in the quality and appearance of the loaves; and it is well to have pans of about the dimensions given.

Measuring: In measuring the flour, 4 half-pint measuring cups, level full, will equal one pound, if the cup is filled by putting the flour in lightly with a spoon so that it is not packed tightly. The safest way in bread making is to measure the flour by weight.

Temperature: When the dough is raising, it should be kept covered with a cloth, in a warm place, near the stove. The best temperature for raising is 85 to 90 degrees Fahrenheit.

WHOLEWHEAT BREAD No. 1.

5 lbs. (20 cups) wholewheat flour

5 teaspoons salt

5 tablespoons (or $2\frac{1}{4}$ ounces) honey

5 tablespoons (or $2\frac{1}{4}$ ounces) shortening

$\frac{2}{3}$ of a compressed yeast cake

$6\frac{2}{3}$ cups of lukewarm water

Mix the flour and salt; add the lukewarm water, in which the honey and yeast have been dissolved and mixed and the shortening; beat ten minutes, set in warm place about three and one-half hours, or until double its bulk; then knead, form into loaves, place in greased pans, set to raise again until double their size (about one hour). Bake in moderate oven about one hour.

WHOLEWHEAT BREAD No. 2.

11 cups wholewheat flour

$4\frac{1}{2}$ cups lukewarm water, or half water and half milk

2 teaspoons butter

2 teaspoons salt

2 tablespoons honey

$\frac{1}{2}$ yeast cake dissolved in the lukewarm water

Mix the lukewarm water, or milk and water, in which the honey and yeast have been dissolved, melted butter and salt; then add six cups of wholewheat flour. Mix well and beat ten minutes.

Raise until very light—about two hours. Then add the remainder of the whole-wheat flour and again beat ten minutes. Put into bread pans which have been well brushed with lard and let raise again until double in size (about 40 minutes). Bake in moderate oven about an hour.

When ready to put into pans the dough should not be stiff but should be the consistency of a stiff batter. The more the dough is beaten the lighter the bread will be. See Notes on Pans, Temperature, etc., given under heading "How to Make Wholewheat Bread."

Wholewheat Baking Powder Bread:
(A quickly made loaf, delicious, digestible, and easy to make).

1 lb. or 4 cups of wholewheat flour

1½ cup cold mashed potato

1 teaspoon of salt

½ teaspoon of honey

6 teaspoons of baking powder

1½ cups milk or potato water and milk

Put the flour, salt, and baking powder into bowl, add the mashed potato and rub in thoroughly (being careful not to

have lumps of potato through the mixture). Then add the liquid in which the honey has been thoroughly mixed, using enough to make a stiff batter. The quantity of liquid may vary slightly, depending on the natural moisture of the flour. But not more than one and one-half cups of liquid should ever be required for four cups of flour. Bake in well-greased bread pan, in moderate oven, one hour.

Wholewheat Raisin Bread: Make the same as wholewheat bread No. 1, using about $\frac{1}{2}$ lb. seedless raisins for each loaf. The raisins should be well dredged with flour and added last, just before beating or kneeding.

BISCUITS

2 cups wholewheat flour
4 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $2\frac{1}{2}$ teaspoons shortening
 $\frac{1}{2}$ cup milk

Mix the flour, baking powder, salt; add the shortening and rub in very lightly; add the milk and mix well. Place on flour board, roll out $\frac{1}{4}$ inch thick, cut with biscuit cutter. Bake in slow oven 50 to 60 minutes.

MENUS.

CHAPTER X.

The menus are here given in two ways. In the first group they are arranged by days with suggestions for breakfast, dinner and supper.

In the second arrangement all the breakfasts, all the lunches, and all the dinners are grouped together.

Ordinarily I believe it better to eat dinner, or the heartiest meal of the day, in the evening, but this can be altered to suit individual taste or preference.

Proteins are the tissue re-building elements, and since the rebuilding of worn out tissues is carried on most extensively while at rest, I believe it better to eat protein for the evening meal.

The second arrangement has been made with great care so that when choosing even at random no seriously wrong combinations can be eaten.

Breakfasts, numbers 1 to 6 inclusive, are neutral and can be followed by a lunch and dinner of either starch or protein. These should be eaten in warm weather.

From 7 to 9 inclusive, are some suggestions for a protein breakfast if it is desired. These may be eaten by people doing strenuous physical labor.

From 10 to 14 inclusive, starch breakfasts are given. These should be eaten in cold weather, and for those doing very strenuous physical labor might be eaten alternately, with the protein breakfasts.

All the luncheons suggested are starch meals and all the dinners protein meals. If a hearty meal is desired, add one or two non-starchy vegetables to any of the luncheons suggested. Then make the dinner for the same day correspondingly light.

MONDAY

BREAKFAST

Wholewheat Muffins
Butter, Honey and Maple Syrup
Glass of Milk

LUNCHEON

Salad
Quarter of Raisin Pie
Fresh Fruit

DINNER

Roast Lamb
Salad Garnished with Fresh Mint Leaves
Peas and Carrots, Spinach
Sliced Oranges

TUESDAY

BREAKFAST

Steamed Figs, Apple
Glass of Milk

LUNCHEON

Salad
Wholewheat Onion or Lettuce Sandwiches
Glass of Milk

DINNER

Salad
Pork Chops, Apple Sauce
Carrots, Asparagus
Grapefruit

WEDNESDAY

BREAKFAST

**Biscuit with Butter
Buttermilk**

LUNCHEON

**Salad
Ice Cream
Cake**

DINNER

**Spinach Soup
Roast Beef
Cauliflower, Beets
Salad
Fresh Fruit**

THURSDAY

BREAKFAST

**Fresh Fruit
One Pint Buttermilk or
Sweet Milk**

LUNCHEON

**Salad
Baked Sweet Potatoes**

DINNER

**Salad
Scrambled Eggs, Bacon
Spinach, Cabbage
Custard Pie**

FRIDAY

BREAKFAST

Melon

LUNCHEON

Salad
Natural Brown Rice
Steamed Dates
Glass of Milk

DINNER

Steak
Celery, Olives
Brussel Sprouts, Parsnips
Gelatin

SATURDAY

BREAKFAST

Whole Cornbread
Honey or Maple Syrup
Glass of Milk

LUNCHEON

Salad
Cottage Cheese
Dates or Figs
Fresh Fruit

DINNER

Meat Loaf
Corn, Salsify
Salad
Sweet Dried Fruit

SUNDAY

BREAKFAST

Baked Apples
Sweet Dried Fruit

LUNCHEON

Salad
Baked Bananas
Milk

DINNER

Salad
Chicken
Tomatoes, Stewed Egg Plant
Pineapple

MONDAY

BREAKFAST

Waffles, Butter
Honey or Maple Syrup
Bacon

LUNCHEON

Salad
Baked Apples
One Pint of Milk

DINNER

Roast Pork
Fruit Salad of Apples, Grapes and Orange
Chard, String Beans
Apple Sauce

TUESDAY

BREAKFAST

**Fresh Fruit, Sweet Dried Fruit
Glass of Milk**

LUNCHEON

**Salad
Baked Hubbard Squash
Sweet Dried Fruit**

DINNER

**Creamed Shrimp
(Creamed with Evaporated Milk or Cream)
Salad of Lettuce, Grapefruit and Raisins
Tomatoes, Green Lima Beans**

WEDNESDAY

BREAKFAST

**Toasted Triscuit
Sweet Dried Fruit**

LUNCHEON

**Salad
Apple Pie
One Pint of Sweet Milk**

DINNER

**Celery Soup
Salad
Game of Any Kind
Stewed Onions, Corn**

THURSDAY

BREAKFAST

**Whole Oatmeal, Serve with Butter
Glass of Milk**

LUNCHEON

**Salad
Baked Irish Potato
Sweet Dried Fruit**

DINNER

**Salad
A Boiled Dinner of Beef,
Carrots, Onions, Turnips**

FRIDAY

BREAKFAST

**Wholewheat Bread, Butter
Sweet Dried Fruit**

LUNCHEON

**Salad
10 to 15 Pecans
Glass of Milk**

DINNER

**Celery, Raw
Grapefruit
Tomatoes, Spinach
Baked Fish**

SATURDAY

BREAKFAST

Cornmeal Mush,
Served Hot with Butter
Glass of Milk

LUNCHEON

Salad
Dish of Berries with whipped Cream
Glass of Milk

DINNER

Salad
Tomato Soup
Roast Beef
Okra & Tomato, Onions
Prunes

SUNDAY

BREAKFAST

Hot Muffins
Honey or Maple Syrup
Glass of Milk

LUNCHEON

Salad
Spinach Pudding with Whipped Cream
Figs Steamed or Soaked

DINNER

Salad with Orange Juice Dressing
Summer Squash, String Beans
Vegetable Soup
Roast Fowl
Jelly
Ice Cream

BREAKFASTS

No. 1

**Fresh Fruit
One Pint of Buttermilk or
Sweet Milk**

No. 2

**Cantaloupe or
Watermelon**

No. 3

**Baked Apple with Cream
Sweet Dried Fruits**

No. 4

**Fresh Fruit
Some Sweet Dried Fruit
Glass of Milk**

No. 5

**Baked Apple
One Pint of Milk**

No. 6

**Apple Sauce
One Pint of Milk**

No. 7

**Cottage Cheese
Fresh Fruit
A Few Dates or Figs**

No. 8
American or Swiss Cheese
Fresh or Preserved Fruit

No. 9
One Handful of Nut Meats
Fresh fruit

No. 10
Toasted Triscuit
Sweet Dried Fruit

No. 11
Whole Oatmeal dressed with Butter
Glass of Milk

No. 12
Toasted Rye Krisp
Butter
Glass of Milk

No. 13
Wholewheat Zweibach
Butter
Sweet Dried Fruit

No. 14
Wholewheat or Corn Muffins
Butter, Honey or Maple Syrup
Glass of Milk

LUNCHEONS

No. 1

**Lettuce
Spinach Pudding*
Soaked Figs**

No. 2

**Salad
Natural Brown Rice
Steamed Dates
Glass of Milk**

No. 3

**Salad
Whole Cornbread
Honey and Maple Syrup
Glass of Milk**

No. 4

**Celery
Baked Bananas
Milk**

No. 5

**Salad
Waffles, Butter
Honey or Maple Syrup
Bacon**

No. 6

**Salad
Baked Hubbard Squash
Sweet Dried Fruit**

No. 7

**Salad
Apple Pie
One Pint Sweet Milk**

No. 8

Celery
Baked Irish Potatoes
or Sweet Potatoes
Sweet Dried Fruit

No. 9

Lettuce
Whole Cornmeal Mush Fried
Honey or Maple Syrup
Glass of Milk

No. 10

Cold Slaw
Wholewheat Gems
Honey, Butter
Glass of Milk

No. 11

Salad
Ice Cream
Cake

No. 12

Salad
Raisin Pie
Glass of Milk

No. 13

Celery
Lettuce or Onion Sandwich
of Wholewheat Bread
Glass of Milk

No. 14

Salad
Date Pudding with Whipped Cream*
Glass of Milk
Salad

No. 15

Berries and Cream
Glass of Milk

* See recipes

DINNERS

No. 1

Salad
Tomatoes, Stewed Egg Plant
Chicken
Pineapple

No. 2

Fruit Salad of Apples, Grapes and Oranges
Chard, String Beans
Roast Pork

No. 3

Salad of Lettuce, Grapefruit and Raisins
Tomatoes, Green Lima Beans
Creamed Shrimp
(Creamed with evaporated milk or cream)

No. 4

Celery Soup
Salad
Stewed Onions, Corn
Game of Any Kind
Apple Sauce

No. 5

Salad
Boiled Dinner
(Beef, Carrots, Onions, Turnips, Parsnips)
Fresh or Canned Fruits

No. 6

Celery
Tomatoes, Spinach
Baked Fish
Grapefruit

No. 7

Salad
Tomato Soup
Okra and Tomatoes, Onions
Roast Beef
Prunes

No. 8

Lettuce
Spinach Soup
Veal stewed with Carrots, Parsnips, Tomatoes
Baked Apples
Salad with Orange Juice Dressing

No. 9

Vegetable Soup
Summer Squash, String Beans
Roast Fowl, Jelly
Ice Cream

No. 10

Salad
Spinach, Cabbage
Scrambled Eggs, Bacon
Custard Pie

No. 11

Salad
Brussel Sprouts, Parsnips
Steak
Gelatin and Cream

No. 12

Salad Garnished with Fresh Mint Leaves
Peas and Carrots, Spinach
Roast Lamb
Sliced Oranges

No. 13

Salad
Carrots, Asparagus
Pork Chops, Apple Sauce
Grapefruit

No. 14

Salad
Spinach Soup
Cauliflower, Beets
Roast Beef
Fresh Fruit

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Sex Conduct In Marriage

*By Bernard Bernard, Phys. B., M. P. C.
(Lond.), Editor of "Health & Life".*

This book treats in a frank and wholesome manner of the sex conduct which should govern the lives of married men and women. The object of the author has been to dispel the view that sex is impure in itself. By giving reliable information on matters of sex physiology he shows how it is possible for married people so to live that sexual health and mutual, lifelong happiness is assured.

A few of the headings are:—

When the Sex Function Should Be Used.—Sex Communion.—Sex Tragedies in Childhood.—The Consummation of Marriage.—The Art of a Beautiful Conception.—The Conservation of Sex Energy.—Anatomy and Physiology of the Sex Organs.—The Spontaneous Expression of Love.—The Scientific Control of Conception.—Frequency of the Sex Act.—The New Human Race.—Sex Fear Destroyed.—Initiation to Matrimony.—Should Married People Occupy the Same Bed?—Combatting the Pains of Childbirth.—Hereditary Passion.—Marriage a Joy to the End.

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